

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

JANUARY 2013 | VOLUME 15 | NUMBER 1

EXPANDING
ENTERPRISES

BAND TO PURCHASE
HOTELS IN ST. PAUL

MILLE LACS BAND

STATE OF THE BAND

SEE PAGE 2



MILLE LACS BAND OF OJIBWE STATE OF THE BAND

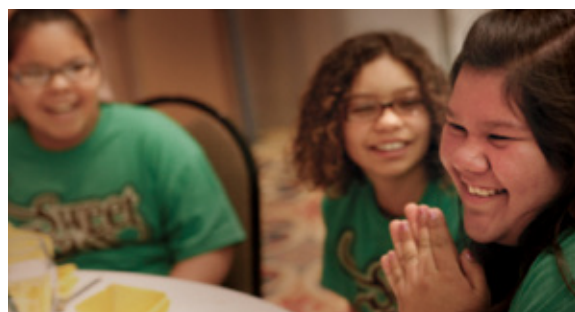
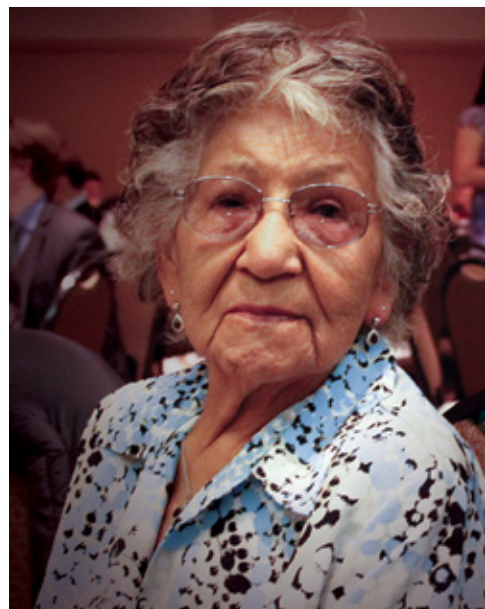
Toya Stewart Downey Staff Writer

Hundreds of Mille Lacs Band Members, community members, stakeholders and supporters gathered earlier this month for the Mille Lacs Band of Ojibwe's annual State of the Band Address.

The air was filled with anticipation as the crowd of 1,200 made its way into the ballroom at the Grand Casino Hotel in Mille Lacs to hear from Band leaders and others.

As it always does, the event began with the Ceremonial Drum along with the Grand Entry of the AmVets from Post 53. Spiritual leader Lee Staples delivered the invocation. Peter Nayquonabe, the Commissioner of Administration, served at the master of ceremonies.

The Sweetgrass Girls Group from Nay Ah Shing performed the national anthem before the business of the 29th annual State of the Band was convened by Secretary Treasurer Curt Kalk.



Band Buys Two St. Paul Hotels

Deborah Locke Staff Writer

The Mille Lacs Band is expanding its ventures into the hospitality industry with the purchase of two downtown St. Paul hotels. Officially the hotels will be identified when the purchase deal is completed, said Joe Nayquonabe, the Band's Commissioner of Corporate Affairs. The release of the names should occur by mid-February 2013.

The announcement of the purchase was made by Chief Executive Melanie Benjamin at the January 8, 2013 State of the Band Address. Many members of the 1200-person audience reacted positively to the news. When the deal is closed, the Band will own and manage 700 hotel rooms, or about half the hotel rooms in the entire city.

In her remarks, Melanie said the purchase was one of the boldest moves the Band has ever made. She also told the audience that the Band seeks new revenue from non-gaming businesses toward "economic self-sufficiency." Since the Band has successfully operated its own casino hotels in past years, it makes sense to expand into a new market, even one relatively close by. Currently Mille Lacs Band operates five hotels: Grand Casino Hinckley, Grand Hinckley Inn and Grand Northern Inn, and Grand Casino Mille Lacs and Eddy's Lake Mille Lacs Resort, Onamia. The hotels will be managed by Minneapolis-based Graves Hospitality Corp.

In an interview, Joe Nayquonabe, said that just as the Band pioneered the movement into Indian gaming, it was now pioneering a new path to self sufficiency with its economic development strategy to own hospitality assets in every major market in the US.

"The St. Paul assets represent an initial step in the master plan," he said.

The news received high praise by St. Paul officials and members of the city's Chamber of Commerce. Such a purchase shows faith in the city's future. A spokesman for St. Paul Mayor Chris Coleman said that the city was "thrilled" with the Band's purchase.

State of the Judiciary

During her address, Chief Justice Rayna Mattinas shared the goals of the courts and updated the audience on its progress.

“During the course of 2012, our goal was to present the updated rules to Band Assembly, which happened in March and took effect in June,” Rayna said, adding that those rules have been uploaded to the Band’s website.

The courts also created a judicial advisory committee, which meets four times a year, and is responsible for providing advice and support to improve the courts system.

State of the Band Address

In her address, Chief Executive Melanie Benjamin shared her vision for the future of the Band and its members.

“Today, survival means competing in the American economy,” Melanie said. “Our goal must be economic self-sufficiency. I believe the key to economic self-sufficiency is to diversify our tribal economy.”

Melanie said that the Band would make strategic investments in non-gaming entities to diversify its economy and create new opportunities for Band members. The full text of the speech starts on page 5.

She said that the Band was negotiating to purchase two more hotels, located in St. Paul, as part of the effort to diversify its business ventures.

Upon hearing the news, the crowd erupted in cheers and applause.

The Band is also starting a commercial printing business on the reservation that will handle all of the printing needs of the Band, its casinos and other commercial enterprises. (See story on page 10.)

Additionally, the Band will open a center for small business and light industry in the Mission Creek area of Hinckley, which will present new opportunities for Band members.

“These new business expansions have been carefully considered and with expert advice,” she said.

As she continued with her address, Melanie outlined her executive orders and the role she required each commissioner to play in order to accomplish those orders.

She encouraged Band members to remember the stories of the Anishinabe, and to remember that the Ojibwe language is important to their culture and to maintain traditional ways.

In her closing remarks, she said, “It is my hope that our Band will obtain the status of being self-reliant, self-sufficient and economically independent,” she said. “I hope our children will tell stories to their children about how their ancestors came back from economic adversity to become leaders in the regional economy.”



“Stories our children will tell”

STATE OF THE BAND ADDRESS – JANUARY 8, 2013

Melanie Benjamin Chief Executive

Aaniin. Boozhoo, Good Morning! Mr. Speaker, Members of the Band Assembly, Members of the Judicial Branch...

And most important — Fellow Members of the Non-Removable Mille Lacs Band of Ojibwe — I am honored to be here to speak to you on the State of the Band.

A special chi-mii-gwech to our brave warrior veterans...our Ogitchidaag. To all of our veterans, Miigwech for your service to the Nation.

I also want to recognize and express appreciation to our distinguished elders. Miigwech for the wisdom you bring to our people, and your dedication to sharing your wisdom with our youth.

Finally, I especially welcome our young people. On this day, we want to help you plan for your future. More than anything today is about you. To the young people I say: Something will happen to you today — or this winter — or next summer — or in five years — and you will remember it. It might be funny, it might be sad, it might be a lesson learned. But it will be a story you will pass on, and maybe someday your grandchildren will be sitting around on a winter night and your son or daughter will tell that story.

Eventually you will grow older and your life will be your story. How will your life story be told by others? It depends on how you live and what you do. A lot of that depends on the opportunities you will have. That is where the Band can come in. It is possible the Band can play a role in your life story. Your life story is important to the Band.

Our Story

Let me tell you another story that you are also a part of — it is a story and it is history. A long time ago, our people lived on the eastern part of this continent. They were told by their spiritual leaders that they should move West — otherwise they would lose their traditional ways.

They followed the waterways West — first the St. Lawrence River and then the Great Lakes. On the advice of their spiritual leaders, they were to look for a land where food grew on water. Our people came here, to what is now East- Central Minnesota. The food that grew on water was Manoomin — wild rice. We made this our home.

For thousands of years, the Mille Lacs Band thrived in these woods and this climate.

In the spring, we offered Asema and took the fish we needed from the lake, and we tapped the maple trees. In the summer we offered Asema, picked berries, and in the late summer we took the Mannomin we needed for our



families and our people.

In the winter, we offered Asema and we followed the deer, snared waboose and we stayed warm in our homes. Three hundred years ago — we could build our homes ourselves — with the help of our extended family and other Band members.

Back then, each family, each clan and the Band were self-sufficient.

We were independent. Naturally we would help the elders, help the children and help the ones who could not help themselves.

We traded with other tribes for some goods, but before the Europeans came, the Band was completely self-reliant. We needed each other, but we didn’t need much more. We were strong. Anishinabe strong.

There’s an old saying: “Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime.” For thousands of years we taught our kids to fish, to harvest, to hunt, to build homes. We knew, better than anyone, how to survive. Survival is accomplished by being self-reliant.

But things changed. Over time, because of broken treaties, the greed of timber barons, and the greed of government leaders for our land and resources, we lost our right to be self-reliant. Nationwide, it was a genocide of Indian people. Those who survived were forced

to become dependent on other people outside the Band; dependent on other governments; and dependent on all the good and bad things that the world had to offer. Two centuries of advances in mechanics, electronics, and communication have changed the world forever. For us, we have also faced two centuries of battling chemical dependency and all the sadness and violence that can bring.

In some ways, we forgot the lessons that a thousand winters taught us. We forgot how to survive. In the 21st Century survival is no longer just surviving the climate and feeding ourselves.

Today, survival means competing in the American economy.

Our goal must be economic self-sufficiency. I believe the key to economic self-sufficiency is to diversify our tribal economy. Six months ago, I had the honor of being elected as your Chief Executive once again. Now I want to develop a plan for us to become economically self-sufficient. We went to other tribes and experts and asked for their advice.

Our Plan

We talked to business experts. Experts in economics and other tribes who had successfully diversified their economies. We came to a number of conclusions:

First, for over two decades gaming has served us well as an economic development tool. However, we cannot rely on it forever and we must leverage what we have learned from gaming and apply that knowledge to other areas.

Second, the Band has underestimated its potential in diversifying our economy. For over twenty years we have been one of the largest employers in East-Central Minnesota. In 2011, the Business Journal noted that the Mille Lacs Band ranked number 40 in the State of Minnesota in terms of number of employees. We were ranked above companies like: Honeywell; Blue Cross-Blue Shield; and TCF Financial.

Grand Casino Mille Lacs and Grand Casino Hinckley have become important economic engines for East-Central Minnesota. We have come a long way in a short time. But I think we still have a long way to go.

Our economic future is not only on this reservation. It is in the region, in the state and on the national stage. If we do the right things now, our children will be economic players at all of these levels — because of the seeds we will plant.

Our children want many things for the future. They should be able to pursue their dream career. For twenty years, a generation of our Band members worked in the gaming business. We want to see more options for our children in the future. We want them to be able to choose their own futures.

We don't want to be tied to one industry as we were once tied to the Federal government. We seek to be self-sufficient, self-reliant and able to choose our path to our future.

So today I wish to announce some important news. This will be of interest to Band members and others in the state. It is one of the boldest business moves we

“Our economic future is not only on this reservation. It is in the region, in the state and on the national stage. If we do the right things now, our children will be economic players at all of these levels — because of the seeds we will plant.”

have ever made:

Pending some final approvals, the Mille Lacs Band will soon own two major hotels in downtown St. Paul!

When these transactions are finalized, the Mille Lacs Band will own 48% — almost half — of the hotel rooms in Minnesota's capitol city!

We have spent twenty years running hotels and learning this trade. We intend to train our Band members in the hospitality industry ranging from management to advertising to every other aspect of running these businesses.

We have been a member of the St. Paul Chamber of Commerce for years as well as nearly 50 other Chambers of Commerce throughout the state.

Our intentions are to be good neighbors, good citizens of the community, and to run our hotel businesses in an honorable and profitable way.

This is a tremendous opportunity for Band members and others!

The purchase of these hotels will spur many other new businesses and opportunities for Band members.

On a similar note, we are growing a new printing business. For the last twenty years, Grand Casino has sent its printing out to be done by others. Now we're opening our own commercial print shop. It will become an 8 (a) Company under the Small Business Administration.

In addition, at the Mission Creek area of Hinckley, we intend to open a center for small business and light industry. Band Members with industrial expertise and business ideas will have new opportunities. There will be more on this as the months go by.

These new business expansions have been carefully considered and with expert advice. We worked closely with Jim Graves of Graves Hospitality Corporation on the hotel transactions.

With a bold new economic development plan, we also decided it was time to bring in new partners with a fresh outlook to help us move ahead. So we have added the Tunheim group, a national public relations firm, to our team of advisers. Tunheim is connected throughout the United States and the world. CEO Kathy Tunheim advises Governor Dayton on economic development. They will help the Band obtain the regional, state, national and

international contracts we will need as we embark on this new economic journey.

I wish to thank the Band's Corporate team led by Joseph Nayquonabe, JR. Joe, can you have your economic development team stand? You have accomplished a lot in a few months. Miigwech! As with all of my Commissioners in the Executive Branch, Joe is a Mille Band member.

Peter Nayquonabe is my Commissioner of Administration. This year Pete will take the lead in working on a "Zero Based Budget." This was one of the goals of the Strategic Plan that was put together a few years ago.

We will run a fine-toothed comb through our governmental budget to identify unnecessary spending or waste. The result of Pete's work will be more efficient use of our dollars, and streamlined government.

Pete also oversees all the Band government employees — including Band member Jamie Edwards and our governmental affairs and communications team. Our newspaper is now written by Band member Chad Germann's company, Red Circle Agency, and Chad is changing the look and content of our paper. It will now be more responsive to what Band Members want to read and hear about.

Michele Palomaki is our Assistant Commissioner of Administration. This year Michele will revamp our personnel policies. Again, we took a look at the Strategic Plan and Michele will update the policies to better meet the needs of our Band members and our employees.

Bradley Kalk is our Commissioner of Natural Resources. Brad will continue his good work ensuring that the Band's fish, wildlife, land and environment are cared for. This year Brad will look at creating a better recycling plan for the Band — and perhaps we can work with the other governments in the region. Brad will also work closely with our economic development team to ensure that our new businesses — wherever they are located — are as "green" as possible and environmentally friendly.

Samuel Moose is our Commissioner of Health and Human Services. With a new federal health care law signed by President Obama, Sam will ensure that the Band works with the State and Federal government so that Band members get the medical care they need.

Suzanne Wise is our Commissioner of Education. This year she will work on improving the ways that we best make an impact on our kids. What will grab our kids' attention and inspire them to embrace education? We know how to teach our kids traditional skills in traditional ways...but how do we make that translate to preparing them for today...and the best possible tomorrow? This is one of the most important questions we can ask ourselves.

From my perspective, every young person has a talent. How do we best bring that out and develop it? One of my main goals is to develop the talent of our young people.

Along those lines, earlier today, I signed four Executive Orders. These orders are to bring Band members and especially our young people into playing a role in the governance of the Band:

First, I signed an Executive Order that each Commissioner must develop a Mentoring program within their Department. They must post the positions and Band members will apply for internships. This will give our young people the chance to work in an area they have an interest in.

Second, I signed an Executive Order requiring each

Commissioner to develop an Advisory Council of Band members. On these Councils will be tribal elders, young people and Band members interested in the Department's activities.

Third, I signed an Executive Order requesting a report on the Band's readiness for carrying out the duties provided for in the Federal Tribal Law and Order Act. Part of this Order appoints a Committee which will study the current structure of the Band's law enforcement agency and our ability to conduct criminal prosecutions. I will direct this Committee to complete their recommendations by the end of March.

Fourth, I signed an Executive Order appointing a Task Force to establish the most effective means to carry out all the goals of the Strategic Plan. Too many times we have written these plans and not implemented them. I am appointing my Commissioner of Administration, Pete Nayquonabe to Chair this Task Force so that we can follow through with these goals.

Through all the work we do, all the elected officials and all the Commissioners, we always have the future of our young people in mind. What will their lives be like?

What opportunities can we give them? What stories will they tell?

Stories Our Children Will Tell

When I think about our future, and when I think about our children, and I know they will have great stories to tell. But I worry, will we recognize them? Will they be Anishinabe Stories? Like so many of you, I believe that creating opportunities is critical. But so is protecting, and even expanding, our cultural heritage. Now, as we enter this exciting period of growth, is when we must remain true to ourselves.

(VIDEO PLAYS, FEATURING INTERVIEW OF LEE STAPLES AND YOUNG CHILDREN LEARNING)

The last scene, with the kids speaking our language, makes me feel good. We do worry, because we are losing our first speakers. Right now in Minnesota, there are fewer than 4000 people whose first language was Ojibwe. This saddens us greatly. But when we see those kids speak, it gives us hope.

The language is important and the key to our culture. We know the elders who grew up speaking the language, and their way of communicating is circular. Hearing them speak is like listening to a work of art. Whether it's Joe, Dorothy, Carol, Elfreda, Susan, Maggie, Linda, Niib, Brenda, Andy, Ralph, Vince or so many others; their way of communicating is like listening to a story. They give you a little more information than you may have asked for, and a little of themselves when they answer a deep question. We don't want to lose that.

If you remember, several centuries ago our spiritual leaders sent us West for one reason: we were charged with keeping our traditions. We have a sacred duty to keep our language, our traditions and our spiritual ways.

I am optimistic about this as well.

When we look to the country of Israel: they have revived Hebrew as a language. When we look to New Zealand: the Maori have completely revived their language. In the United States, the Native Hawaiians have revived their language. Tribes all across America are now developing programs to revive and retain their language.

The University of Minnesota has developed an online dictionary: Members of our Community such as Lee Staples and Larry "Amik" Small-

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wood are two of the people who demonstrate how to speak the language online — now generations can learn from these experts.

Many of our language teachers tell us stories they learned long ago.

We must keep those stories. Some are funny, and some teach us lessons, but all of them remind us who we are as a People.

On cold winter nights, when the sun was down, our people would gather and listen to our story tellers. This is an important tradition we have to keep. These are the stories of our tradition — and our culture. These are the stories of our grandparents and their grandparents and these stories belong to the People.

There are other stories we tell. Stories inside of our families and stories we tell our friends. Last summer, my family had a nice memory we won't forget:

Every year Bugs Haskins coordinates a Triathlon. This year 19 of our kids participated. They competed in swimming, running and biking. Two of my granddaughters, Aubrey and Roxann also competed. But in the middle of the bicycle race, Aubrey noticed that her back tire was about to fall off. She didn't quit. At one point she fell and skinned her knee, but she didn't quit.

She started pedaling very slowly up a hill, and finally walked her bike, but she still kept going. With her knee cut open, she stopped at the aid station at an old brick house. She still wanted to finish and so she dropped her bike off. The rest of the kids cheered her on to the finish line. She came in last place, but she didn't quit. The other kids patted her on the back. It's funny how kids can inspire us. That little story created a memory for our family, and we will talk about that little Triathlon for years.

Stories are important. It's how we remember things.

Today, the Band is giving you all the gift of a wonderful story called "Child of the Evening Star" by Leonard and Mary Moose. The story is written in both English and Ojibwe. It's a story about love, honor and honesty. I think if you read through it once, you will want to read it to a child. We are born with the need to pass on good stories.

Sometimes we wonder: What are the stories our children will tell? What will they say about this moment in history? Will they remember anything of today's events or anything that happened this year? What will they say

about their parents, their grandparents or their Band? Will they be proud? Will they say we had courage?

It is my promise to you today — that Band members WILL have new opportunities to reach for economic freedom — so their children can dream big dreams.

It is my hope that our Band will obtain the status of being self-reliant, self-sufficient and economically independent. I hope our children will tell stories to their children about how their ancestors came back from economic adversity to become leaders in the regional economy.

The best our generation can do is to plant the seeds of opportunity so our young people can live honorable lives.

For the young people, we want your life story to be great.

We want your story to be told for generations to come. You are part of this great journey. We want you to have a chance to do historic and heroic things.

The task of our generation is to plant the seeds of economic development. Our job is to create economic opportunity. It is up to the younger generation to dream big dreams.

And it is our hope that your grandchildren will tell the stories of your great deeds.

Conclusion

The story of the Mille Lacs Band is the story of a journey.

It is the story of a people like no other.

People with strong hearts, strong minds and strong bodies. Anishinabe strong.

People who survived a thousand winters.

People who were self-reliant.

People who were self-sufficient.

People who were independent.

Their journey took them across Canada to this place.

But now we embark on a new journey.

On this new journey, we must rely on our wits and on our minds.

As always, we must rely on each other as Band members. On this new journey, we seek a new kind of self-reliance.

We seek economic independence.

We do not seek this status for purposes of greed or love of money.

We seek this status because we have a purpose as a Band. That purpose is to preserve our language; to protect our traditions; and To protect our way of life.

That has always been the purpose of our journey. We can only hope that when the stories of this time are told by our great-grandchildren: That it is said that we tried with all of our courage to preserve the traditions of the Band.

And so: Let us begin this New Chapter in Our History — with Strength; Unity and Hope!

Miigwech!

MESSAGE FROM THE CHIEF EXECUTIVE



MELANIE
BENJAMIN
CHIEF EXECUTIVE

Aaniin, Boozhoo! I hope everyone had a nice holiday season surrounded by friends and family. Many Band Elders celebrated the season at the annual Christmas Elder party and it was good to see many of you there. Miigwech to the Elder Services Staff for a wonderful party.

Two unfortunate events dampened Christmas spirits a little this year. It was with sadness that I learned of the death of former U.S. Senator Daniel Inouye, a Democrat from Hawaii who passed away at the age of 88. We met with him a many times over the year and worked with Senator Inouye on legislation and policy that affect the Mille Lacs Band and Indian Country. The senator believed in self governance for American Indians and advocated for our sovereignty. His death is a loss in Indian Country.

Another loss took place in Connecticut with the shooting deaths of 26 children and adults. We held a ceremony here. One of our elders said a prayer for the parents and family members. This tragedy led to a review of emergency policies in each building. We have updated staff with those procedures. How sad it is to see innocent lives taken in that way.

Here's some good news: Band Member Joe Nayquonabe was ratified by the Band Assembly and sworn in as our Commissioner of Corporate Affairs. Joe has the vision and training to do a great job. Let's give Joe a warm welcome.

I should also mention the Cobell distribution. The lawsuit began in 1996 when Indian plaintiffs charged the federal government with a miscalculation of income from Indian trust assets. In December 2012, a settlement was announced with \$1.4 billion going to individuals and up to \$2 billion for land re-purchase.

To see if you are eligible for payment, you can file electronically on this website: Indiantrust.com. The deadline for filing a claim is March 1, 2013. The form asks for your name, address, social security number, Band enrollment number and date of birth. If you have questions about a claim you have already filed, call 1-800-961-6109.

The New Year always brings new challenges. The Band will continue to work with Governor Mark Dayton, the state Legislature and with our congressional leaders in Washington D.C. on matters that impact life here at the

Mille Lacs Band. Sometimes it's hard to see the connection between actions that occur in Washington D.C. or St. Paul and life here at Mille Lacs. But Washington has an impact that touches every corner of Indian Country. It's our job as elected officials to promote and protect the Band.

I hope that you, too, have good memories from the holiday season.

Our thoughts are with those Band Members and employees who lost loved ones in 2012.

Let's all hope and work for a happy and productive New Year!

Melanie Benjamin

Chief Executive Facebook Page Launched

Although we must continue to value and honor the traditions of our Elders, which means so much to us still today, the world we live in provides us with many new and helpful tools for keeping our culture alive and our community connected. One of those tools is Facebook. I believe there is power and there is good in what Facebook can do — if used for the right purpose. If used for good, I believe we can improve our communications with each other.

I invite you to join me in that cause. So you can better know me, know my office and know the work I do for the Band, I invite you to follow my new Chief Executive Facebook page:

www.facebook.com/ChiefExecutiveMelanieBenjamin Chief Executive (government official)



Update From Corporate Commission

Joe Nayquonabe Commissioner of Corporate Affairs

At the Corporate Commission's current scale, growing meaningful new businesses takes some discipline, a bit of patience and a nurturing culture. We have been busy over the past few months creating an economic development plan and solid investment criteria that is unlike any other that you've seen. Our philosophy and approach have changed and we're excited to announce the first project of our plan — a print shop, scheduled to open in February.

The print shop is a full-scale commercial print shop that will initially service the casinos, Corporate Commission and the Mille Lacs Band. We have a large internal demand and by opening this print shop, we are able to keep money and jobs within our own community.

The casinos currently send out 7.6 million mail pieces and by transferring a majority of the jobs to the print shop, we are able to create "churn" and recycle the dollars back into the local community more than once.

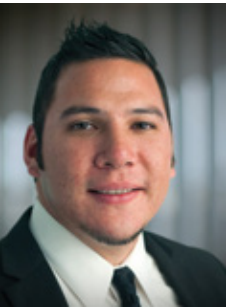
The work from our entities alone will create a viable business, but it is the long-term strategy to turn more busi-

ness from greater Minnesota — targeting other minority business and utilizing tribal advantages like the ability to gain 8(a) status to compete for government contracts.

The print shop will be located at one of the Band's real estate assets in Onamia and will house one manager and a set of operators based on the business volume.

There is a remarkable amount of opportunity that lies ahead for the Mille Lacs Band. As we enter into this new era, there is several distinct investment projects the Corporate Commission is focused on driving forward — all of which center around the sector we are most experienced in — hospitality.

So how did our philosophy and approach change? In the past, the strategy was geared toward smaller deals in undeveloped markets and in sectors that we aren't familiar with. It was risky and we didn't have a controlling stake in



what happened with our investments.

All of that has changed. We will now only consider direct investments where we have a controlling stake, our focus is on the hospitality industry where we have expertise and advantages, and we will invest in major markets that have predictable returns. This all translates into sustained growth well into the Band's future.

When you do see us enter into new businesses, it's because we have done the due diligence necessary to ensure it is a sound investment for the Band, which will help sustain good fiscal health into the future.

Although we still have a lot of hard work ahead, the projects we are working on are generating excitement. And when I pause to reflect on how far we've come in just the past few months and how much further we'll go in the months and years to come, I couldn't be more excited and optimistic.

A MILLION TODAY, A BILLION TOMORROW

Corporate Commissioner Says To Earn Big Profits, Invest In A Big Industry

Deborah Locke Staff Writer

The Commissioner of Corporate Affairs has a few of what you'd call lofty goals. But, if you ask around, no one would expect anything less from Joe Nayquonabe.

He would like to see the Mille Lacs Band's annual business revenue at, say, \$1 billion.

More immediately, Joe would like to see the Band start earning more revenue from non-gaming entities. Outside investments would act as a buffer against the sometimes unpredictable gambling industry, he said.

Step by step, the Band is positioning itself to depend less on gambling, and the hospitality industry could be the pathway to that billion dollar goal. By the end of January, the Mille Lacs Band should close on a deal that would add two major hotels in St. Paul to its investment portfolio — around the same time that a new print shop will start up.

The gaming industry isn't going away, Joe emphasized. But a variety of large business ventures throughout the country would position the Mille Lacs Band as a major player in a lucrative industry.

"A long-term vision of ours is to be in every hospitality market in the U.S.," he said.

Where did this guy come from?

Right here. Joe, a Mille Lacs Band Member whose parents worked for the Band, took over as Commissioner in October, filling a vacant four-year term. He played on the Red Lake Warriors basketball team and still shoots hoops in his free time.

Before being sworn in as Commissioner, Joe was the Band's corporate vice president of marketing. His new job requires both the creativity of a marketing position and fi-

nancial understanding. After listening to him for a while, you start to imagine that Monopoly game board with the houses and hotels. Joe believes the move to major markets is a natural step for the Band. Like the game of Monopoly, Mille Lacs Band-owned hotels could pop up in Chicago and New York and in "every major market."

"We need to think big," he said. "We can't think of a million dollars here and a million dollars there. We need to be open to major investments." Other plans to increase profits are in the works that focus on the local Districts of the Mille Lacs Band. "We will utilize the advantages that tribes have for being minority owned businesses," said Joe. "And we look forward to announcing these deals in the coming months."

The way Joe got to where he is today is the same way he'd like the tribe to become more independent, one step at a time. His dad returned to college later in life and by his example, Joe and his siblings learned the importance of education. "Dad was in health and human services and Mom was a nurse her entire career," he said. "I was brought up to serve the community."

Joe graduated with a marketing degree from St. Cloud State University and then went on to earn an MBA from the Carlson School of Management. He's now finishing up a second master's degree in tribal administration and governance from the University of Minnesota — Duluth.

After college he thought about a career in politics and government, but then completed an internship in marketing and "fell in love" with the work. Joe always planned to return to the Band to work, he said, following the example



Pictured, L-R:
Chief Justice Rayna Mattinas, Commissioner of Corporate Affairs Joe Nayquonabe, Secretary Treasurer Curt Kalk, Chief Executive Melanie Benjamin

of his parents. First he needed the education, and while in undergraduate and graduate school, learned what it is to be a novelty. While a graduate student at the University of Minnesota Carlson School of Management, Joe was the only American Indian around.

He said he never saw a single American Indian while enrolled at Carlson. But attending the school was "cool" because it gave Joe a chance to change ideas about gaming on Indian reservations.

"There are so many misconceptions about gaming," he said. "People do not understand Indian people at all." For example, non-Indians have no idea of the success stories from tribes in recent decades. As a student, Joe worked at changing minds about the abilities of American Indians to run multi-million dollar businesses well.

As a Commissioner of Corporate Affairs, he's continuing to change minds and help the Band set a course toward greater self-determination and self-sufficiency.



WIN AN iPAD MINI!

To help keep all Band members better connected, we're gathering emails. By providing your information, you'll be able to stay current on all tribal matters — AND you'll be entered in a drawing for a new iPad mini!

The winner will be contacted via email.

Email Andy McPartland at:
andy@redcircleagency.com

In your email, include your name and let us know which of the following you would like to receive:

- Email notifications of Band news and events
- Electronic version of the Inaajimowin newsletter
- Invitations to join Mille Lacs Band Facebook Groups

All information will be kept private, and not shared with other organizations.



DISTRICT 1



EXPANDING ENTERPRISES

Band to Open Print Shop

Deborah Locke Staff Writer

The Mille Lacs Band is adding a print business to its list of businesses. Renovations to a former bakery located at 510 Main Street in Onamia will be completed by mid-February, said Jeff Costillo, director of MLB Investments and Economic Development.

The Onamia and Hinckley casinos generate a lot of print projects that until this year, were outsourced to other companies. Now the Band will do its own publication work while at the same time, creating a few new jobs. Two employees will be hired to operate the Xerox Igen 4 printer, Jeff said. If the printshop attracts additional off-reserva-

tion business, and that is the plan, an additional two more employees will be hired.

The casino orders will include the hundreds of mailers, advertisements, postcards and other promotional items generated by gaming, as well as other Band-related projects.

The business floor plan for the approximately 3200 square-foot space includes offices on the left side of the space and a large area for the printer and for the finishing process.

The shop is expected to be up and running by February 22, 2013, Jeff said.

Polar Plunge Returns! Are you up for the challenge?

On Saturday, March 9, Grand Casino Mille Lacs will sponsor the second annual Mille Lacs Polar Bear Plunge at Eddy's Lake Mille Lacs Resort to raise money for Special Olympics Minnesota.



At the plunge, Grand Casino Mille Lacs will provide a 20-person hot tub and changing facilities for plungers as well as concessions and other entertainment for spectators.

Area law enforcement, fire departments, search and rescue teams, the Mille Lacs Band DNR, and Grand Casino Mille Lacs staff will oversee the event.

If you would like to participate or donate to a team or individual, visit www.plungemn.org and choose the Mille Lacs plunge location. Donations will be accepted on the day of the plunge and anyone interested in participating can register on the day of the event at the Waterfront Restaurant at 11 a.m. on March 9. Lake Mille Lacs plunges will follow at 1 p.m.

Participants will need to raise a minimum of \$75 to take a dip in the frozen lake. It's fun and exciting event that you have to experience to understand!

So far, 44 individuals have registered to participate in the Mille Lacs Polar Bear Plunge, as of December 30. The goal for this year's plunge is to get double the number of plungers from last year — that's more than 300 plungers. Are you up for the challenge? Grab a friend, family member or co-worker and sign up today!

DISTRICT 2



In recent months I have had several interactions with community members who either didn't understand how to use their prescribed medications, or didn't know if they had medical coverage and if so, what was covered.

Upon reflecting on these topics, I thought it would be

If a person quits taking them before the course is complete, the remaining live 'bugs' in your body learn how to survive in their environment by changing its own DNA to defend itself from the antibiotic actions. This powerful shield they create makes it very difficult to treat allowing this organism to continue to invade healthy tissues causing a person to become sicker and possibly more infected.

After many times of allowing organisms to morph their DNA to protect it from antibiotic treatments, it turns into a 'super bug' that is very difficult to destroy creating an infection that is resistant to antibiotics which requires special treatment

Back To The Basics Of Medications

Guest Columnist Mary Mercado, RN,
District II for Elders, Public Health Department

beneficial to write about the proper use of prescribed medications, and insurance.

I will start with a reminder about insurance. Those Band members who have Medicare Part D, which covers prescription medications, should understand that this is a separate part of insurance that is provided by Medicare. It needs to be applied for separately to obtain the benefit of that coverage.

Those who receive Medicare health insurance should contact their insurance company to ensure that prescription medication coverage is part of the package. Circle of Health will not reimburse copayments on medication if it is not covered through insurance.

I have also noticed the improper use of antibiotics, and we need to stress how important it is to provide information to your primary physician to keep you and your community safe. Patients need to know why they are taking medications and how they work.

I have encountered some individuals who were prescribed antibiotics but stopped taking them before they were supposed to because they felt better. Today's medicine can free us of infections, but when a person stops taking them before they're supposed to, it can have detrimental effects. Antibiotics can be very devastating to your health if this behavior persists. People need to understand how antibiotics work. Antibiotics need to be taken throughout its full course as prescribed by the doctor in order to be effective, which may take up to 10 days or longer. The antibiotic medication attacks the microorganism cells by blocking its functions killing off the microorganism or 'bug'.

with a combination of medications along with a stronger antibiotic and may lead to hospitalization. It's important for people to understand the difference between what is a side effect of the drug and what could be an allergic reaction to the medication.

There are some side effects from antibiotics that are not so pleasant, such as diarrhea or yeast infections, but before a decision is made to stop taking the medication a physician should be notified.

Tips that will help keep family members and the community at large safe and germ-free include:

Wash hands frequently.

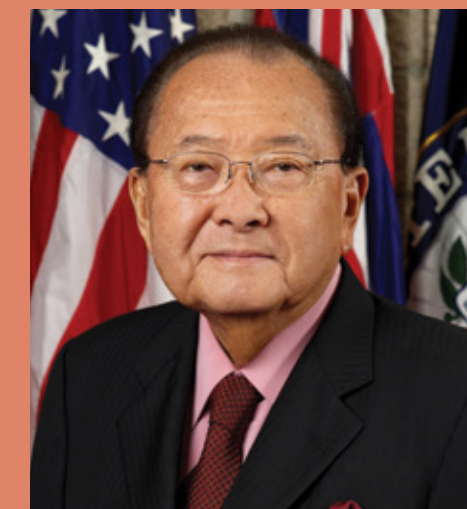
Use antiseptic solutions weekly to wipe down frequently-touched surfaces such as railings, door-knobs, light switches, phones, remote controls and toys.

Stay home when ill and away from large crowds to prevent the spread of disease.

Maintain a healthy diet to help build up a strong immune system that can fight off organisms without the need for medications.

It is also very important for patients to communicate well with their physicians especially letting him know what medications they are taking and those that they are allergic to. Inform primary care physicians of all treatments done or prescribed by different doctors. Medications can conflict with each other causing the chemical makeup to change and unable to work properly. Always ask questions before taking medications. Patients need to know why certain medicines are prescribed and how they work. Pharmacists are the best to consult with about medication information.

Sen. Inouye Passes Away



Indian Country lost a hero, a tireless champion who devoted much of his 50-year Senate career to bettering the lives of American Indians.

The United States lost an effective, brilliant legislator.

It was with great sadness that we learned of the death of former U.S. Senator Daniel Inouye, a Democrat from Hawaii who passed away at the age of 88. The Senator, a decorated World War II veteran, died from respiratory problems at Walter Reed National Military Medical Center on December 17, 2012.

Senator Inouye served in leadership roles on the Senate Committee on Indian Affairs from 1987 to 1995. He served again on that committee from 2001 to 2004.

Thanks to Senator Inouye's leadership, important legislation that benefitted American Indians became law. Examples are the Indian Gaming Regulatory Act of 1987, and the Repatriation Act of 1990. The Senator took an interest in Indian health, and worked for improved treatment of cervical and breast cancer among American Indians. He also worked on bills that helped individual tribes and communities throughout the country.

Senator Inouye had a keen understanding of sovereignty, according to Senator John McCain, a Republican from Arizona who worked with Senator Inouye. Senator Inouye knew that treaties must be honored even when honoring them meant a significant expenditure of tax dollars, McCain said.

News reports state that the Senator's last word was "Aloha."

To him we say the same.

"Aloha," to a good, brilliant and kind friend of all American Indians. May he rest in peace.

Flu Facts

This information on the influenza (flu) is being sent out due to a higher incidence of illness this flu season. Please note precautions to take and when to seek further treatment. The information below is from the MN Department of Health. Also, attached to this email is a poster that can be put up in all public areas. If you have any questions or concerns, please feel free to contact the Mille Lacs Band Public Health Department at 320-532-7776 for further information.

What is influenza (flu)?

Influenza is a contagious respiratory disease that can be prevented by immunization. It is not the same as the “stomach flu.” Flu is caused by a virus that attacks the nose, throat, and lungs. It can cause mild to severe illness and at times can lead to death.

What are the symptoms of flu?

Influenza symptoms come on quickly in the form of fever, dry cough, sore throat, headache, extreme tiredness, stuffed-up nose, and body aches. These symptoms can be severe and put you in bed for several days.

What can you do to protect yourself and others?

- Get vaccinated.
- Avoid being exposed to others who are sick with a flu-like illness.
- Cover your nose and mouth with a tissue when you cough or sneeze, or cough or sneeze into your sleeve.
- Clean your hands often – with soap and water, or a hand sanitizer.
- Take special care to protect infants. Try not to expose them to large crowds when flu is in your community, and avoid close contact between the baby and family members who may be sick.
- Do not share drinking cups and straws.
- Clean commonly touched surfaces often (door knobs, refrigerator handles, phones, water faucets).
- Do not smoke around children.



DISTRICT 3

High Speed Internet Brings Better Health Care, Opportunities To District III

Deborah Locke, Staff Writer

A few departments at District III quietly slid into the current century with the installation of high speed Internet access last summer. The change has improved the way health care is delivered, ensured email delivery at the administrative center, and helps adults and students with test-taking and GED achievement. Those are only a few of the benefits.

Perhaps no one was more devoted to bringing on the change than Stephanie Grady, the clinic physician assistant, said Keith Modglin, Information Systems Director for the Mille Lacs Band. Now that the new lines have been installed at District III, Keith said his next challenge is to find grant funding that will help increase the number of buildings and households that receive the high speed service.

Whereas that's a future goal, some staff members at Mille Lacs Band are delighted to leave the past with its slow and weather-related satellite service for today's more updated present.

Especially Stephanie Grady.

She said she was dedicated to equal opportunity health care so that no matter where her patients live, they are assured of a good diagnosis, good care, effective pharmaceutical care, and eventually, good health. It was harder to achieve that before high speed internet, she said. Here is one example why:

A little boy came into the office with symptoms that Stephanie needed to research. The internet has a medical library that's available to medical professionals, and typically a doctor will turn to that online library with questions. However, sometimes the District III weather interfered with satellite service. That means the computer screens went blank.

In the case of the little boy, Stephanie drove to the East Lake clinic to use their computers. She got the information, diagnosed the problem and determined an effective treatment. The boy came back to the District III clinic and got the help he needed.

Here's another example of how medical care can improve with better interest service: a four-year-old child had lived in three foster homes before finally moving in with his grandmother. Stephanie needed to know what immunizations he had received. That information is collected by the state Department of Health with records available online. The lack of high speed internet meant a couple of extra days of time before a provider could tell what other immunizations the little boy might need. Now an answer is available immediately.

In addition, medical information changes quickly, Stephanie said. Improved treatments are not uncommon. She had a patient who had a rash, used the internet med-



ical directory to help with a diagnosis, and treated the patient. The internet also gives information on the way drugs interact with each other. It's not unusual to have a patient with high cholesterol, high blood pressure, and diabetes.

"You throw depression into that mix, and then need to come up the best meds to use that have the fewest side effects," she said.

There are more mundane advantages to high speed internet, as well. Shelly Peer, District III Program Administrator, said that there were days when she couldn't get email. The Band's licensing agent at that location had trouble with online applications and work with tribal identification cards. She said that these days more Band Members are coming into the building for GED preparation because they know they can work online without interruptions. In the past, all the preparation work was done on paper, said Deb Campbell, the Mille Lacs Band lead instructor in training and development. Today someone can go online at the administrative center and receive an assessment for skill level before taking the GED. After that, they can immediately sign up for tutoring in math or reading. The actual GED test isn't given in the District III offices, but the high speed internet features makes preparation easier. The electronic method is better, Deb said.

Education should be available to everyone, echoed Stephanie Grady. If someone wants to prepare for the ACT exam and go to college, he or she should have the same opportunities as anyone else. Education and health care are basic rights, she said. They should be available to all, no matter where they live.

For more information on the GED program at the District III administrative center, call the Mille Lacs Band Labor Department office at (320) 532-4741.



Band Members Living In The Urban Area Have New Advocate

Toya Stewart Downey, Staff Writer

Oftentimes when Band members living in the Urban Area needed assistance with a business matter, wanted help to resolve a problem or were seeking Tribal resources, their first step would be to contact the Band staff working in District I.

Now, Urban Band members have a new resource that is closer to home.

Since late November, Al Olson has been working in a new position as the Urban Special Projects and Relations Coordinator and his primary function is to serve Urban Band members.

"This role was created because Chief Executive Melanie Benjamin thought that the connection between the Urban Area and Reservation needed to be strengthened," said Al. "There needed to be a go-to guy in the Twin Cities and I was hired to be that guy."

In this new role, Al will act as a trusted intermediary between Urban Band members and the Band's departments and programs. He will help develop programs and services in the Twin Cities, will work as a liaison for Band members. He will also assist Barb Benjamin-Roberts with programs in the urban area.

He will seek and advise Band members of services



URBAN DISTRICT

available to them, represent the Band at events, functions and meetings and help investigate Band member complaints. His ultimate goal, he said, will be to help resolve issues or to offer mediation.

Al, who served as the Commissioner of Community Development for seven years, said during that time he was a strong advocate for Urban Band members, especially when it came to housing issues.

"I've always been into housing because it's critical to the family unit," Al said.

Before working for the Band, Al worked in management roles for General Electric and Graybar Electric

companies. He began working for the Band in 2002 as a commissioner. He left the Band in 2008 to pursue other housing and non-profit work.

But, he said, he wanted to come back to work for the Band because he wanted to continue to serve his community.

"The Mille Lacs Band has done so many good things and we have so many positive role models who are Band members. It was important to me that I continue my work with the Band and offer my contributions to our members."

Though it's only been a short time since he started, Al said the biggest challenge is letting people know that he's there for them and what he will be doing. In December, he spoke at the urban community meeting to let folks know more about his role. Al said he welcomes any input or feedback from the community.

"I want people to come to me with any questions they have," he said. "Because I served as a commissioner, I have a deep understanding the Band government and how it works."

Al Olson works in the Urban Office located at 1404 East Franklin Ave, Minneapolis. His phone number is 612-746-4819. His email address is: Al.Olson@millelacsband.com.

Urban District Christmas Party

Photos by Toya Stewart Downey



Public Health Transportation

The Department of Public Health continues to offer free rides for Mille Lacs Band Members to their medical and dental appointments in all three districts.

Clients who use the service must have scheduled appointments. They must also have a referral from either Ne-la-Shing clinic or Mille Lacs Health System stating that they cannot receive the same or equitable service at either medical facility for scheduled appointments that are more than 50 miles away in one direction.

Band members who need transportation should make their request two days in advance, although transportation is not guaranteed based on the high demand of the service. Clients must wear seat belts at all times while being transported by public health. Children must be in the proper child safety or booster seats, and they must be installed and provided by the parent/guardian. No unscheduled stops that will be made. Please be respectful to the driver as they are providing a service to assist Band members.

The Public Health Department does not provide transportation for the following: inpatient/outpatient treatment, anger management, rule 25's, psychiatry appointments, urgent care or the emergency room.

There are two (2) medication deliveries for each district. Please call individual districts for information on what days the medication deliveries are for homebound elders and clients.

Public Health does not allow smoking in its vehicles.

District I & IIA: Mary J Sam (320) 532-7815

District II: Eileen Farah (218) 768-2389

District III: Donna Hormillosa (320) 384-0149

Child Support Update

Quarterly Drawings: The Child Support Enforcement Program will hold quarterly drawings for non-custodial parents who have consistently paid and fulfilled their full monthly obligations during each month of the quarter. Three names will be drawn and each will receive a \$50 gift card. Winners will be notified by mail each quarter.

Child Support Per Capita Garnishments: MLB members are eligible to elect voluntarily garnishments from their per capita when the maximum garnishment amount doesn't cover all the monthly orders. To avoid going into arrears all monthly order amounts must be paid including additional owed for arrears on each case. Electing to have additional funds garnished helps the children by keeping the funds moving and it also helps the payer stay out of the arrears monthly when normally orders aren't paid completely. For more information, please contact the Child Support Program office at 320-532-7752 to have a voluntary form sent to you or to discuss your options for managing your arrears balance.

Child Support Program Offers "Survival Kits" to its Clients.....extended until 1/30/2013: The Mille Lacs Band Child Support Program is continuing to offer its clients free cold and flu "survival kits," to help speed the recovery of those pesky winter illnesses.

The kit includes tea, honey, Kleenex, bleach wipes, wet wipes, vapor chest rub, cough drops, chap stick, hand sanitizer and saline nose spray and it all comes in a reusable grocery bag, Ms. Doyle said.

A certificate for the kit was sent to all eligible households.

Any client who has an active case as of Oct. 31 are eligible, though those who have foreign jurisdictions cases are not. To receive the kit, clients must return the completed certificate.

The kit must be picked up in person at the Child Support Office in Mille Lacs Band Government Center from 8 a.m. to 5 p.m. Mondays through Fridays. Urban area residents can pick theirs up at the urban area on Mondays from noon to 4 p.m., but must call the Child Support Office in advance to ensure it is delivered to the Minneapolis location. It cannot be mailed, or delivered.

Details

— Only the custodial parent may redeem the certificate for a kit

— One kit per household

— Photo ID is required when signing for the kit

For more information, or questions contact Amy Doyle 320-532-7752.

"This is a way to get our clients in the door to make sure their case files are updated and complete," said Amy Doyle, director of the program. "We want to touch base with our clients at least annually to answer questions they may have on their cases or to give them information about our services they may not know we offer."

Circle of Health

Ameritas Dental Plan: Those who have note received new dental cards should contact the Circle of Health office. Ameritas has forwarded undeliverable mail to that office. Those without dental coverage should contact their claims processor for assistance in enrolling into the Ameritas Dental Plan.

MLTC (Mille Lacs Tribal Community):

The next open enrollment period in April 1, 2013. Circle of Health mails out notices to eligible Band members prior to each open enrollment period. If you do not have health insurance please contact your claims processor for assistance.

Medicare Reimbursements: The Medicare Part B and Part D reimbursement checks will be mailed on January 11th. Those who wish to pick up their checks at the Isle office prior to that date should contact Carol Hernandez.

All District Elder Meetings: Carol will discuss Medicare, Medical Assistance Spend-downs, and Durable Medical Equipment benefits at the following elder meetings:

Meetings start at 11:30 a.m.

January 17: District I – ALU

March 21: District 2 – ALU

May 16: District 3 – ALU

Contact information:

It is very important that Band members notify Circle of Health of contact information changes (address/phone). Circle of Health

makes every attempt to notify Band members of important changes especially when it requires action on their part.

Claims Processors:

Roberta Lemieux: A-L

Tammy Smith: M-Z

800-491-6106 or 320-676-8214

Training Classes and Job Opportunities for Mille Lacs Band Members

There are several opportunities for Mille Lacs Band members to seek employment or training at Grand Casino Mille Lacs, Grand Casino Hinckley and the Corporate Commission's non-gaming operations.

Training Opportunity!

If you are interested in the Information Technology field, Grand Casino Mille Lacs has a Service Desk Technician Trainee position open. This is an opportunity to develop a professional career in the technical field.

Once hired, a development plan will be identified and measured throughout the duration of employment (training will not exceed two years). This position is responsible for answering, evaluating, prioritizing, and assigning incoming telephone, voicemail, e-mail and in-person requests for assistance.

To apply for this position, please contact Andrea Allie at 800-626-5825, ext. 8233 or visit the Grand Casino Mille Lacs HR department to receive expedited service.

Mille Lacs Band of Ojibwe			
Summary of Expenditures and Financing Uses:	Approved Budget for FY 2013	Expenditures through 12/31/2012	% of Budget Expended
Administration (1)	11,794,506	2,886,812	24.5%
Workforce	16,682,597	1,416,568	8.5%
Judicial	1,071,262	180,512	16.9%
Law Enforcement	5,471,296	986,497	18.0%
Education	17,287,957	3,718,048	21.5%
Health and Human Services	19,560,346	3,705,409	18.9%
Circle of Health Insurance	7,637,383	2,607,091	34.1%
Natural Resources	6,134,759	1,367,293	22.3%
Community Development	16,018,358	4,428,125	27.6%
Gaming Authority	5,049,873	1,110,326	22.0%
Bonus Distribution	18,506,568	16,038,060	86.7%
Nelson Act Distribution	3,765,221	1,309,500	34.8%
Economic Stimulus Distribution	3,025,000	2,999,000	99.1%
Total	132,005,126	42,753,241	32.4%
(1) Administration includes chief executive, administration, finance, legislative, government affairs, and district operations.			
(2) The amounts above do not include casino operations, however, they do include government operations funded by casino distributions.			
(3) The Mille Lacs Band of Ojibwe has their financial statements audited every year by an independent public accounting firm. Audit reports from previous years are available for review at the government center upon written request.			
(4) Economic Development appropriations have been excluded as of October 31, 1997.			
As of October 1, 1997, The Band has separated accounting functions for the Corporate Commission from the tribal government.			

Now Hiring – Print Shop!

As you read in this issue of the Inaajimowin, the Corporate Commission is opening a new print shop in Onamia and we are looking for interested Band members to apply for the Print Shop Operator position(s).



Applicants will be required to have a High School Diploma, GED or pass the Basic Skills Assessment. Extensive background experience with computers to operate software including Microsoft Suite, InDesign, Photoshop CS, Adobe Illustrator and QuarkExpress is preferred.

To apply for this position, please contact Nicole Hyatt at 800-626-5825, ext. 8844 or visit the Corporate Commission HR department to receive expedited service.

Remember, Grand Casino Mille Lacs and Grand Casino Hinckley offer same day walk-in service, which means if you are a Band member interested in seeking employment, you can walk-in, fill out an application, see the Gaming Regulatory Authority to obtain a gaming license, interview with an HR Rep, and potentially be offered a job – right on the spot. This is a unique service exclusive to Band members only!

T R I B A L N O T E B O A R D

Happy January birthdays:

Happy Birthday **Gabriel Gahbow** on 1/2. Have a gooder one Mr. Daboo hugs. Love From Teabag, Kyel, Kyla, Kootie, Goats Gahbow. • ♥ Happy Birthday ♥ **Dan Sam** on 1/12. Have a GREAT one Danno much love to you. Love Nancy, T, COOTS, Kyel, Kyla Gahbow. • Happy Birthday to Armando Day, Il on 1/17! We love you -- mom, Deonna, Antonio and Bella. • Congrats to **Renne & Dan Sam** on the Birth of there beautiful little girl, **Danileigh Elizabeth Sam** on 12/20/12

Happy January birthday to Mille Lacs Band Elders!

Mary Anne Bellonger
Art Benjamin
Gladys Marie Benjamin
Daniel Duane Sr. Boyd
Edith Ruth Bush
Patricia Jean Clark
Ronald James Crown
Eugene Leonard Davis
Lorna Jean Day
Bonnie Jean Dorr
John Charles Dowell
Dora Ann Duran
Isabel Eubanks
Janet Lee Gahbow
Ella Reine Garbow
Evelyn M. Granger
Rose Marie Holmquist

Katherine Ann Jackson
Charles Ted Johnson
Grover Joseph Johnson
Patty Jo Johnson
Richard Duane Kegg
David Henry Kost
Lucille Kuntz
Priscilla Joann Lowman
Gloria Jean Lowrie
David George Matrious
Thomas Tecumseh
McKenney
Temperance Yvonne
McLain
Michael Samuel Jr. Merrill
Mushkooub
Barbara Jean Nelson

Cora Lucille Nelson
Rosalie Ann Noonday
Dorothy Marie Olson
Donna Jean Pardun
Shelley Ann Pindegayosh
Patricia Marie Potter
Dora Ann Sam
Joycelyn Marie Shingobe
Bonnie Shingobe-Neeland
Larry Marion Smallwood
Joseph Alex Staples
Kathleen Marie Vanheel
Walter James Sr. Weyaus
Nancy Lee Wood

Happy belated birthdays:

Happy Belated 1st Birthday to **Daymon MacLean** on November 23rd, with love: Auntie Heather, Daniel, Thomas and Tyler Virnig • Happy Belated 1st Birthday to **Tyler Virnig** on November 25th, with love: Mommy, Daddy, Robyn, Daniel, Thomas and Tyler Virnig • Happy Belated 5th Birthday to **Mylz Ballinger** on November 26th, with love: Sister Heather, Lance, Daniel, Thomas and Tyler Virnig

JANUARY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16 District III Community Meeting 5:30 p.m. Aazhoomog Community Center	17 All District Elders Meeting 11:30 a.m. District 1 Assisted Living Unit	18	19
20	21	22	23 Chiminsing Bingo 6 p.m. – 9 p.m. Chiminsing Community Center	24 District 2 Community Meeting 5 p.m. East Lake Community Center	25 Sobriety Feast 5 p.m. D1 Community Center	26 Ojibwe Mitten Workshop 10 a.m. – 4 p.m. Fee: \$65, \$60 for MHS members, \$15 materials fee for all participants. Reservations required, call 320-532-3632
27 Ojibwe Mitten Workshop 10 a.m. – 2 p.m. Fee: \$65, \$60 for MHS members, \$15 materials fee for all participants. Reservations required, call 320-532-3632	28	29	30 District 2-A Community Meeting 5:30 p.m. Chiminsing Community Center	31 Family Engineering Night at Nay 5 p.m. – 7 p.m. Nay Ah Shing Upper School Gym	1	2 Kids Crafts: Story Book Time & Cornhusk Dolls Noon – 3 p.m. Fee: \$6 per kit (excludes museum admission)

Family Engineering Night at Nay Ah Shing

Thursday, January 31 from 5 p.m. – 7 p.m.

The PAC is sponsoring and bringing to our community a Family Engineering Night to be held at the Nay Ah Shing Upper School gymnasium. Please come and enjoy this fun-filled family event. Kids and parents will engage in a variety of hands-on engineering projects. If you have questions or if you need further information, please email me at ksam@nas.k12.mn.us or call 320-532-4690, extension 2160.



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OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

FEBRUARY 2013 | VOLUME 15 | NUMBER 2

DEONNA DAY'S **DANCE OF COURAGE**

PAGE 4

**CYBER BULLYING POLICIES
REMAIN STRONG**

**PROPOSED LIGHT RAIL COULD
ADD JOBS IN DISTRICT III**

**PUSHING BACK
AT OLD MAN WINTER**

**THE BIRD MAN
OF MILLE LACS**



MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE
BENJAMIN

CHIEF EXECUTIVE



Hello to everyone during this cold February. I hope you are surrounded by plenty of warmth and often enjoy a bowl of hot soup as we make our way through the winter months.

I was very sorry to hear of the passing of Deonna Day, 13, whose struggle with cancer ended on February 6, 2013. Deonna brought light into each room she entered. My condolences to her family and friends on this great loss.

Earlier this year, several of us traveled to Washington, D.C. to attend the Inauguration of President Barack Obama on January 21. Tribal officials from a number of bands and communities throughout Minnesota also attended, including Leech Lake, White Earth and Shakopee. Several Mille Lacs Elders and a few members of my office

Dakota, Senior Policy Advisor for Native American Affairs, and Charles Galbraith, Navajo, Associate Director with the President's Office of Public Engagement.

NCAI was founded in 1944, and is the oldest and largest organization of American Indians and Alaskan Natives in North America. Its purpose is to (1) protect and advance tribal governance and treaty rights; (2) promote the economic development and health and welfare in Native communities; and (3) educate the public toward a better understanding of Indian and Alaska Native tribes.

NCAI topics

At the meeting, we were glad to hear that self-governance is a high priority for Kevin Washburn, who focuses on ways that the tribes are moving towards that goal. Other topics discussed were energy development on tribal lands, leasing opportunities under the Hearst Act, and ways that Mille Lacs and other communities can implement the Hearst Act. We learned about threats to the Indian Child and Welfare Act, self-governance funding, the trust responsibility of the BIA, contract support, the Stafford Act, and the federal budget process and its impact on Indian Country.

That's a lot to keep straight, I know. I'll start with the Hearst Act, which was signed by President Barack Obama in July 2012, and permits Indian tribes to lease their

lands for up to 25 years without Department of Interior approval. This change will cut back on some bureaucratic red tape and streamline business and housing development, while at the same time creating jobs on reservations.

ICWA

The Indian Child and Welfare Act also came up in discussion. ICWA passed in 1978 because for decades, thousands of American Indian children were removed from homes and communities and placed in foster care or adoptive homes that were often

non-Indian. The passage of ICWA reversed that trend, giving tribal governments a strong voice concerning child custody proceedings.

That voice may be eliminated. Late in 2012, the U.S. Supreme Court agreed to rule on a case that originated in South Carolina. A Cherokee man challenged the adoption of his child by a non-Indian couple, and the couple then filed a lawsuit. The non-Indian couple is working with an anti-ICWA coalition that seeks to repeal portions or all of ICWA. As you may guess, tribal officials and child welfare employees from across the country are watching this case very closely.

I'll mention just one more important policy matter before us: a change to the Stafford Disaster Relief and Emergency Assistance Act. An amendment to the Act passed in January by the U.S. House of Representatives gives tribes the opportunity to make requests for emergency aid directly to the President, rather than through a state's governor. That change makes sense since tribes are co-equal sovereigns with the federal, not state, government. Now we will wait to see what the U.S. Senate will do with its version of the amendment.

The role of governments came up during an event sponsored by U.S. Senator Al Franken from Minnesota and attended by MLB Director of Government Affairs Jamie Edwards and me. The senator wanted to discuss ways to build government to government relationships, which is a pretty important subject.

I could fill the whole paper with all that we heard and saw during the brief visit to our nation's capital. It's an exciting time for the Mille Lacs Band, both with local and national developments. As most of you know, we're casting our net further into the hospitality business with the purchase of two St. Paul hotels, as reported in last month's newspaper. And we're strengthening our ties to federal leaders who have a direct impact on the quality of life here on our reservation.

Again, it was a privilege and honor to represent you. Miigwech for this opportunity.



The U.S. Capitol Building

staff witnessed the historic and moving ceremony.

It is always an honor to represent the Mille Lacs Band of Ojibwe during ceremonies and celebrations. In addition to the inauguration activities, lots of other work was accomplished.

Here's an example of the way connections are made in Washington. The National Congress of American Indians (NCAI) hosted a meeting for tribes to meet with Kevin Washburn, Assistant Secretary of the Bureau of Indian Affairs, as well as with White House staffers Jodi Gillette,

Tips for Filing Income Taxes

Curt Kalk Secretary/Treasurer



Hello fellow Band members.

I hope the winter season has found you well. I have been fairly busy, especially now that the Office of Management and Budget (OMB) has begun its annual audit.

One thing that has come to my attention is that some Band members file for state

income tax exemption and others do not.

I would like you to know that is not the function or responsibility of the Band's OMB department to determine whether Band members are eligible to qualify as being exempt from state income tax. By signing the exemption form, you acknowledge it is your individual claim.

However, if an individual Band member needs assistance to assess whether they are eligible to file exempt, my office would be glad to help. Please know that the decision to file as exempt or not exempt is entirely that of the Band member. As you make this decision, there are some factors to consider, including where you live and if you live on trust land.

The Mille Lacs Band has three types of land:

- Land held in trust (trust land) by the United States for

the Mille Lacs Band.

- Land held in trust by the United States for individual Band members (allotted land).
- Land the Band has purchased, but is not held in trust by the United States. The Band pays real estate taxes on these lands (fee lands).

Those who desire to claim exempt from state income taxes must meet several criteria. You must be an enrolled member of a federally recognized tribe, work for a federally recognized tribe, and reside within an Indian reservation. This also applies to trust lands outside of the reservation boundaries. Please remember that there is a difference between reservation boundaries and Ceded Territory boundary — 1837 Ceded Territory is not a qualifying factor for state income tax exemption.

If you are unsure whether you should file as exempt from state income tax, my office can assist you. Please note that this determination is based on your residency. The address you provide as your primary residence for the past year is what determines your residency. Those who have claimed exempt and don't meet the criteria should



Get your calculators ready: it's tax season.

consider correcting their claim to avoid penalties and fees owed for back income taxes. There are many individual situations that apply. The above information is a basic outline of how state income tax exemptions may apply to you. If you are unsure whether you qualify, please check with your tax preparer for more detailed information.

Also remember that you must still claim the Nelson Act payments as income, but those funds are not state or federally taxable. My office will provide documentation or information for this claim if needed.

Big, Bad, Ugly Federal Budget

Mark Trahant Freelance Journalist

The federal budget numbers that are thrown around are so huge that the very mention of them scares us. Trillions are tossed about, a trillion dollars! The number requires twelve, yes, twelve zeros.

But what does this number mean in a country of more than 310,000,000 people, and more specifically, in Indian Country? One way to think about these numbers is to forget the millions, billions and trillions, and shift to percentages.

For example, the 2011 budget deficit was 8.7 percent of all the spending in the economy, also known as the Gross Domestic Product (GDP). Federal spending accounted for 24 percent of the GDP with revenues of just over 15 percent. That's the gap that has to be fixed. The total public debt stood at 67 percent of GDP, plus a smaller amount that the government owes itself, and basically promises to pay Social Security.

It's true that the federal government is spending more money now than ever: 24 percent compared to the 40-year norm of 21 percent. Revenues, mostly taxes, are down from an average of 18 percent to 15 percent. But most of that is because we are aging as a society, not because of a "spending addiction."

But that brings me back to big, bad, ugly budgets.

In January, Senate Republicans re-released a chart showing the growth of "welfare." The headline read: "Federal Welfare Spending to Grow Almost 80 percent Over

The Next 10 Years. Slowing The Growth Rate To 60 percent Would Save \$1 Trillion."

The press release stated that the numbers don't include state contributions to federal welfare programs (primarily on low-income health assistance), which brought total welfare spending in FY2011 to more than \$1 trillion. That amount dwarfed any other budget expense including Medicare and Social Security! Why, that was enough money to mail every impoverished family a check for \$60,000 each year!

The numbers are factual, but absolutely misleading. The clue is the phrase "low-income health assistance" which is categorized as "welfare." The number reflects Medicaid and the Children's Health Insurance Program. Medicaid and CHIP costs consumed most of the Republican budget expenses.

Consider this: Medicaid is about 1.8 percent of the GDP and Medicare is 3.2 percent. Social Security uses 4.8 percent of the GDP, and other programs like the military use 3.6 percent of the GDP. On the appropriations side of the ledger (or money that Congress authorizes annually), all non-defense spending uses 4.3 percent of the GDP. Non-defense spending includes: education, transportation, Interior, Indian health, welfare — all domestic spending.

The division between entitlements and appropriation is important to the future of the Indian health system in this

fiscal environment. It has been argued by many tribal leaders that all federal Indian health programs should be funded as entitlements because that spending is based on treaties.

For now, most Indian health funding is appropriated. That means Congress must positively enact for more spending to occur. Medicaid, on the other hand, is automatic. If a person is eligible for the program, the money is supposed to be there. (And, to further complicate this process, Medicaid is a state partnership, so the states set the rules even for the Indian health system where the federal government pays all the costs.)

There are at least 794,000 American Indians and Alaska Natives on Medicaid and another 27,000 on the Children's Health Insurance Program. The revenue collected (FY 2009 numbers) ranges from 15 percent to 50 percent for Indian health system clinics and hospitals. More importantly: it's a growing number, one that can automatically be increased under the Affordable Care Act.

The long-term challenges to the federal budget are real. But most of that can be fixed, especially if we focus on improving health care quality and reducing the cost.

But it's hard even to debate how to do that when one side tosses around misleading budget data.

Mark Trahant is a member of the Shoshone-Bannock Tribe. He is an award-winning journalist and a former newspaper editor. This column was used with permission.

A DANCE OF COURAGE

Toya Stewart Downey Staff Writer Craig Dirkes/The Salvation Army Photography

Editor's note: We are sad to report that Deonna Day lost her battle with cancer on Wednesday, Feb. 6. This story was written before she passed as a way to honor her. It was also intended to be a tribute to Deonna and her continued strength as she courageously fought the fight of her young life. Our deepest and heartfelt condolences go out to her family, friends and loved ones.

There are so many joys of being a teenage girl. Whether it's hanging out with friends, giggling about boys, or spending huge amounts of time shopping for the perfect outfit, being a young girl on the cusp of life's next chapter can be an exciting time.

Thirteen-year-old Deonna Day is like most of her peers in many of those same ways, but there's one sad fact that sets her apart.

Deonna has a rare form of cancer that, according to her doctors, is terminal. That means Deonna's young life will be cut drastically short.

"This is completely devastating...it's a mother's worst nightmare," said Nichole Sam, Deonna's mom.

Cancer Diagnosis

The bout with cancer began when Deonna was 11 years old. The family had moved from the Twin Cities to District I and had only been living in their house for a short time when they learned of Deonna's diagnosis.

"She had a bump on her chest that kept growing bigger, so when the doctors performed a biopsy they discovered

the cancer on her clavicle bone and that's how we knew," her mom said.

Deonna has a bone cancer called synovial sarcoma that is found in the soft tissue near the large joints, arms or legs. It commonly affects young people under 30 years old, but is so rare that it accounts for less than one percent of the cancers found in a given year.

As soon as it was discovered, Deonna was admitted to the hospital and began chemotherapy treatments immediately. The treatments continued through the fall of 2011 and winter of 2012. During that time, Deonna and Nichole would commute between Onamia and Minneapolis as they sought treatment at the Amplatz Children's Hospital at the University of Minnesota.

"Going back and forth to Minneapolis was hard because we would have to go so often," said Nichole. "I had to leave my other children with a babysitter and for a while we just stayed in Minneapolis with a friend."

"This whole thing has been really hard. I have been feeling desperate because I don't know what to do and I don't know what will happen."



Remission

After Deonna completed her treatments last winter, the cancer went into remission. It seemed that all was well and the family was thrilled. Life seemed to be heading back to normal. The family, including Deonna's three younger siblings, took a 10-day trip to Disneyland that was granted through the Make-a-Wish Foundation of Minnesota.

"They had a great time and they were really happy," said Tammy Moreland, who works for the Band's Family Services Department and has been involved with the family since they moved to District I.

"When we found out the cancer came back, it was right before Thanksgiving. It had spread to her lungs and her abdomen," said Tammy, who attends all of Deonna's doctor's appointments and has been a strong source of support from the beginning. She meets with the family weekly and talks to Deonna a few times a week to check on her.

"I was there when Deonna first got the

"Deonna is hoping she can conquer this. Nichole is trying very hard to be strong and is holding on to hope for a miracle," she added. "This, naturally, is a very scary thing for anyone to go through."

Deonna's prom

People who know Deonna describe her as a girl full of hopes and dreams. They say she is beautiful, loyal and strong-willed. She considers her cell phone a must-have accessory.

She doesn't attend school at Onamia any longer as she is happiest at home and when she's hanging out with her friends from the Boys and Girls Club — something she does daily if she's well enough, her mom said.

"She doesn't say much to me about what's going on, but I can tell it bothers her and I know she's scared, but she won't say it," Nichole said.

However, when she was asked what she wanted to do before her health began failing her, Deonna said she "wanted to get dressed up and go to the prom."

That's when Tammy sprung into action. She immediately began contacting Band members and Band employees to see if they could help pull off a prom in about 10 days' time.

"The doctors told us not to plan for more than 15 days out at a time, so we knew that if we wanted to make the prom happen it had to be sooner rather than later," Tammy said. "We didn't know if she could wait until the spring."

One of the first calls she made was to Bugs Haskins, Nay Ah Shing Activities Director, at the Nay Ah Shing Upper School. Bugs made it a priority to get the prom planning underway.

More than 100 people attended the prom, which was held on Dec. 1 at the upper school. There was a grand march that showcased the attendees dressed in their finest. The kids did karaoke, took photos in a photo booth and danced the night away.

Dozens of people and Band departments (including the Legislative branch) donated their time, talent and energy to "Deonna's Prom." The Elders donated dinner, commissioners gave money to pay for a limo



Deonna with her mom and baby sister

to take Deonna to St. Cloud for lunch and to get her hair styled, professional photographers took pictures, the Salvation Army donated dresses and suits, and the disc jockey donated his services.

"Deonna had a fun time. It was a dream come true for her," Tammy said. "It was beautiful. She was beautiful."

Next steps

Nichole says the family doesn't spend a lot of time talking about Deonna's illness. They try to lead a normal family life when they're all together.

Two weeks after the prom, a traditional healer held a ceremony for Deonna. He also gave Deonna her Indian name, which loosely translated means "amazing strength." It's the strength that is helping her fight the cancer.

Deonna's final chemotherapy appointment was Jan. 4. She met with her doctors on Jan. 14 to talk about the next steps. Since then, she has had a decline in her health and will remain at Minneapolis' Children's Hospital indefinitely. Her medical needs are too great at this time for her to go home.

In the meantime, Deonna's family and friends are doing what they can to make her feel more comfortable. They have also set up a few special activities, including bringing staff from a local beauty salon to give the Deonna and her friends manicures and pedicures.

"I've been through so much and the lesson I've learned that I want to share with people is to tell them to cherish their kids," said Nichole. "Life is short. One day it could be OK and the next day it all changes."



news of the terminal illness and at first she didn't understand. She thought she would be OK because she was in remission," said Tammy. "I had to tell her that it wouldn't go away and tried to help her process what the doctors were telling her."



Dear Readers:

We hope you are pleased with the recent changes made to the Ojibwe Inaajimowin. We made them with you in mind and hope that the colorful pages, addition of photos and different types of news stories make the time you spend with the paper more enjoyable and informational.

We want to remind you that this newspaper is for you and we welcome your feedback.

The team who puts the paper together is always seeking suggestions and story ideas to make this publication as informational and fun to read as possible.

Elders — do you want to share stories of growing up? Culture? Traditions? We would love to hear them!

Band members — do you have a family story that you'd like to share? Do you know someone with an interesting hobby or talent? Are you interested in telling us about your experiences doing crafts, hunting, ricing, or teaching the language? We welcome all of your ideas.

Band employees and staff — does your department have a new employee, new equipment or a new project? How about a significant anniversary? Are there changes in health policies or treatments that will affect clinic patients? Maybe the law enforcement officers have new equipment. Or a grant program recently won will allow the hiring of young people for important work.

There is a lot going on with each of you, in each of the Districts and throughout the Mille Lacs Band. Please share those things with us so we can find ways to feature them in an upcoming edition.

We will continue to ask you for ideas when we see you and when we call. At the same time, it would be great if you, our readers, let us know of news tips.

You can reach us by phone at **612-372-4612** or by email at **andy@redcircleagency.com**

Thanks!

The staff of Ojibwe *Inaajimowin*

iPad mini Winner

Congratulations to **Rachel Louise Sam** for winning the iPad mini!



DISTRICT 1

Cyber Bullying Policies Remain Strong

Trip Johnson Staff Writer

Ask any school administrator and they will tell you: technology is great, but with new technology comes new challenges. One area where this is especially true is Cyber Bullying.

"You and I didn't go to school with phones strapped to our belts," said Jason Long, Dean of Students at Nah Ah Shing School. "It's a different era."

As more and more kids communicate via text messaging and Facebook, more and more attention has been paid to what they are saying to each other, and how it is affecting their lives — both at school and at home.

"We saw this coming a long time ago," said Jason. "And in fact, our Cyber Bullying policy, which has been in place for four years, has been copied by many other B.I.E. schools — both in Minnesota and across the country."

In basic terms, a piece of electronic communication (e-mail, Facebook post, Twitter post, etc.) is defined as Cyber Bullying if it makes a student feel threatened or unsafe. "One thing we realized early on," said Long, "is that to be effective, our policy would have to cover things written or posted during non-school hours as well. Because kids bring all that to school with them. If someone says something bad about them on Facebook at home at night, that's something they bring to school with them, and now it's something we have to deal with."

Whether a specific post or comment constitutes bullying can be a matter of judgment, but thanks to the School Board's comprehensive policy (see box below), most cases



As more and more students communicate electronically, school policies must reflect this behavior and protect students.

are pretty clear. "We have three basic expectations for our students," said Jason. "Be Safe. Be Respectful. Be Responsible. So when you think about bullying, it really violates all three of these expectations. You're making someone feel unsafe. You're not respecting them. And you are not being a responsible member of your community."

As far as consequences for bullying, that too is a well-defined process. "Our job as teachers is to educate. Not just math and reading, but also social skills," said Jason. "So before we start handing out severe punishments, we want to make sure every kid understands what bullying is, and why it's not OK." Initial consequences usually involve loss of technology privileges. Only after fourth and fifth offenses do things like suspension and expulsion come into play.

"Bullying is everywhere, whether you have policies or not," said Jason. But because the policy at Nah Ah Shing is so strong, it allows school officials to deal with issues quickly and fairly, so that more time can be spent "catching kids doing the right things — something that benefits us all."

Mille Lacs Band of Ojibwe School Board Policy on Bullying

Any written or verbal expression, physical act or gesture, or pattern thereof, by a student that is intended to cause or is perceived as causing distress to one or more students or which substantially interferes with another student's or students' educational benefits, opportunities, or performance. The integrity of the school must be respected at all times. Cyber bullying outside of the school that potentially can affect the security or safety of the learning environment will be addressed as a school disciplinary issue. Bullying includes, but is not limited to, conduct by a student against another student that a reasonable person under the circumstances knows or should know has the effect of:

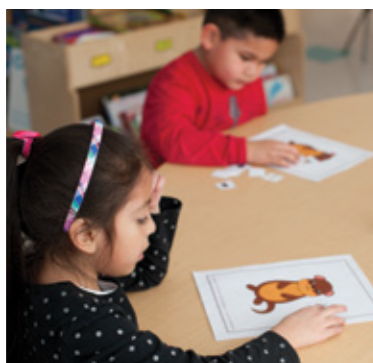
1. Harming or causing distress to a student
2. Damaging a student's property
3. Placing a student in reasonable fear of harm to his or her person or property
4. Creating a hostile educational environment for a student.



Happy students are excited to hear that it's time for puzzles.



Second grade students taking an accelerated reader test.



Kindergarten students working on a "Groundhog Day" Activity.



Middle schoolers participating in a math lesson.



Senior student completing an American Government assignment.

Cobell Settlement

The long-running lawsuit filed by Eloise Cobell, a member of the Montana Blackfeet, in 1996 over the federal government's handling of individual Indian money accounts was settled in 2012. To that end, there are likely beneficiaries across the country who are eligible to join and that could include Mille Lacs Band members. To find out more, please visit IndianTrust.com. You will be prompted to fill out an online form. For those who do not have internet access, you can request a paper copy by calling 1-800-961-6109. **The deadline to file a claim is March 1, 2013.**

Wanted: Youth Powwow Dancers

Be a contestant at the 47th Annual Mille Lacs Band Traditional Powwow Royalty Contest

Do you love to dance at powwows? Would you like to be a role model for other youth?

Held August 16-18, 2013

Must be:

- 6-18 years of age
- Mille Lacs Band member, or
- Direct descendant of a Mille Lacs Band member

Jr. Brave & Jr. Princess - 6-12 years of age

Sr. Brave & Sr. Princess - 13-18 years of age

Deadline to sign up is August 2, 2013, but we recommend that you sign up early so you have plenty of time to complete your required tasks for your points.

For more information and application packets contact LeAnn Benjamin at 320-532-7595, e-mail: LeAnn.Benjamin@millelacsband.com or Chasity Gahbow at 320-532-4742, e-mail: Chasity.Gahbow@millelacsband.com

Interested in submitting to the *Inaajimowin*?

The deadline for the March issue is February 15th and the deadline for the April issue is March 15th.

For **birthday announcements**, send name, birthday and brief message (20 words or less).

Send your submissions and birthday announcements to Andy McPartland at andy@redcircleagency.com or call 612-372-4612.

Diane Gibbs's Light Rail Speech



Good Afternoon — I am Diane Gibbs — District III Representative of the Mille Lacs Band of Ojibwe serving this area.

And I am here today to say that we fully support the NLX rail project.

From the Twin Cities through Hinckley and to Duluth, The Northern Lights Express (NLX) will connect families and friends along the way.

It will bring more jobs to the area and spur additional economic development.

It will also expand bus service in the region.

In my community (Aazhoomog) — 25 miles east of here along the St. Croix River on the border of Wisconsin — we are excited about having additional transportation options.

For example, it will give people of our community a great opportunity to pursue post-secondary education in the Twin Cities and Duluth. Minimizing concerns about transportation issues also allows us to connect with family members and friends who live in the Twin Cities, Duluth or other areas.

What a wonderful asset for our region.

We also would like to applaud the students at UMD who are stepping up to support the project.

We can all work together to help create green solutions to transportation problems; imagine what else we might accomplish by working together.

Remember the quote from Henry Ford:

“Coming together is a beginning. Keeping together is progress. Working together is success.”

And I truly believe this!

Let's connect. Let's join forces. Let's create change.

Chi Miigwech/Thank you!



DISTRICT 3

DIANE GIBBS SPEAKS AT HINCKLEY CONFERENCE

Proposed Light Rail Could Add Jobs in District III

Deborah Locke Staff Writer

Rail transportation in the Hinckley area will bring jobs and economic development to the area. College students who don't have cars could take the train to Duluth or the Twin Cities for classes. A new rail line to northern Minnesota means that families would have more than one transportation option.

Those remarks and more by Diane Gibbs, DIII representative, were made at a Hinckley press conference on December 8, 2012 that was spearheaded by students from the University of Minnesota- Duluth (UMD). Many of the students are members of the Minnesota Public Interest Research Group (MPIRG). The conference was held at the Hinckley Fire Museum. Remarks in favor of the high speed light rail project were also made by Doug Carlson, Pine County Commissioner, and Jim Oberstar, former Eighth District Congressman.

Press conferences in favor of light rail were organized by students and held the same day in Duluth, Hinckley, Cambridge, Coon Rapids and St. Paul. The purpose for the multi-location gatherings was to drum up more interest in the proposed Northern Light Express high speed light rail line. The line would run 155 miles between Minneapolis and Duluth on existing track at 90 miles per hour.

In her remarks, Diane said she applauded the UMD students for their support, adding that if everyone worked together the rail system could create a more environmentally-friendly solution to transportation issues in the more remote parts of the state.

Since 2011, the Mille Lacs Band has been a member of the Northern Lights Alliance, which started in 2007. The Alliance commissioned a feasibility study and in 2007 released study results that showed that Grand Casino Hinckley was one of the state's top destinations. Preliminary engineering work was expected to start in January 2013, and will take about 20 months to complete.



Pictured, L-R:
Pine County Commissioner Doug Carlson, District III Representative Diane Gibbs, and Former U.S. Congressman James Oberstar

About 80 percent of funding for the project would come from the federal government. Some money has already been approved: in May 2011, the project received a \$5 million grant from the Department of Transportation and \$1.1 million from the Federal Railroad Administration.

At the Duluth press conference also held December 8, UMD student Jason Reid said that the U.S. is very “car oriented.” The addition of light rail would move people northward from the more dense population areas in the state.

Newly-elected Congressman Rick Nolan from the Eighth District was named to the House Transportation and Infrastructure Committee.

Nolan has said he will use the seat to try to secure money for the Northern Lights Express high speed rail project, among other goals.

A high speed train ride from Duluth to the Cities would take about two hours and 15 minutes with three stops, including Hinckley, along the way. A car ride from Duluth to Minneapolis is about two and a half hours, without stops.

MPIRG has chapters at seven Minnesota colleges and universities, including UMD and the University of Minnesota-Twin Cities campus.

This article first appeared in the January/February issue of the Aazhoomog News, and is being reprinted due to the importance of the topic.

“Coming together is beginning. Keeping together is progress. Working together is success.”

Pushing Back at Old Man Winter

Deborah Locke Staff Writer

Once in a while Mother Nature provides Minnesota with weather so cold that you actually enjoy a spill from scalding hot coffee.

So cold that you need to kick a hole in the air to get back inside.

Call those exaggerations. But plenty of Mille Lacs Band members have firsthand knowledge of severely cold weather from days gone past, and may remember 100-year-old family stories of winter nights in the wigwam.

Flash forward to 2013 which, so far, has delivered the coldest weather in four years to Band members throughout Minnesota, including rural and metropolitan areas.

We know most readers have good survival skills. The following is a gentle reminder mostly pulled from the emergency preparedness section of the Centers for Disease Control website. The CDC notes that when Elders and infants experience a loss of body heat, serious health problems can arise. The ability to feel a change in temperature decreases with age; to guard against misreading a cold snap, those over age 65 should have an easy-to-read outside thermometer near the door.

Here are a few precautions for your health and safety, starting with the monitoring of body temperature.

Infant and Elder care

Infants less than 12 months old should never sleep in a cold room because they lose body heat easily and can't make enough body heat by shivering. Infants and babies need warm clothing and a warm indoor temperature. If the temperature can't be maintained, stay somewhere else. If you are in an emergency, keep your infant warm with your own body heat.

Those age 65 and older also generate less body heat due to slower metabolisms. Relatives and friends should check on Elders frequently to ensure that they are adequately warm. If they have an outside LP Tank, check the fuel gauge to ensure enough fuel for a cold spell. Make sure they have enough food, both for themselves and for any pets.

- During a power failure, use an alternate heating source such

as a fireplace or woodstove if your home is equipped with one. Make sure you have a radio with battery backup to receive information from the Band or local electric co-op on how long the power failure may last or numbers to call for assistance or temporary housing.

- Do not burn paper in a fireplace. Never leave lit candles unattended.
- Never use an electric generator indoors, in the garage, or near the air intake of your home. Use heavy-duty, outdoor-rated cords to plug in a generator. Don't use a generator or any appliance if it's wet because of the electrocution risk. Don't store gas indoors where fumes could ignite.
- Keep children and pets away from space heaters and ensure the space heaters have an automatic shut off if they are tipped over to avoid a possible fire danger.
- Supplies to have on hand: blankets, matches, a dry-chemical fire extinguisher, a first aid kit, flashlights or a battery-powered lantern, a battery powered radio, extra batteries, a non-electric can opener, a snow shovel, rock salt, special needs and items like diapers, hearing aid batteries, medicine, food that needs no cooking like bread, crackers, cereal, canned goods and dried fruit. Store water in case your water pipes freeze and rupture. In an emergency, snow can be melted for water. Bring the water to a rolling boil for one minute which will kill most microorganisms. Avoid alcohol or caffeinated beverages which cause your body to lose heat more rapidly. Drink warm, sweet beverages or broth.



Plan ahead: snowy winter weather has lead to delays in rush hour commutes.

Staying Warm at Home

If you didn't prepare your home for the cold snap this year, you could start to prepare for one next year.

CDC recommends that homeowners:

- Check your emergency supplies when a period of extreme cold is predicted.
- Have your chimney or flue inspected each year.
- Install a smoke detector and battery-operated carbon monoxide detector near the heat source.
- Weatherproof your home with information from "free energy home audits" conducted by your local electric or gas supplier.
- Keep your steps and sidewalks free of ice with a de-icing compound and ensure that the sidewalks of any Elders are safe to walk on. Have a good supply of sand on hand to use on walkways when it's too cold for the de-icing chemicals to work.
- Pet owners, too, need to become vigilant in severe weather. If it's cold enough for you to wear a coat outdoors, consider a fabric coat for your dog as well as boots. Paws are sensitive to cold and will quickly become frostbitten in extreme temperatures. Bring your pets inside all the time during a severe weather snap.

If the weather changes while on the road and you become stranded while traveling, here's some advice:

- Stay in your vehicle. Tie a bright cloth to the antenna and raise the hood of the car if it isn't snowing. If you have a cell phone that works, call 911.
- Move what you need from the trunk to the passenger area.
- Wrap up entirely in extra clothing, blankets, even newspapers.
- Stay awake.
- Run the motor and heater for about 10 minutes each hour and open one window a crack to let in air. Be sure that snow is not blocking the exhaust pipe.
- Move your arms and legs while seated to improve circulation.
- Don't eat snow; it will lower your body temperature.
- Huddle with others for warmth

For more information, go to the National Weather website at www.ready.gov which gives helpful lists to ensure your family's safety at home and on the road, no matter what the weather or season.

The Bird Man of Mille Lacs

Deborah Locke Staff Writer

While vacationing in Corpus Christi, Texas, early in February, Kelly Applegate spotted a purple martin. The two-ounce martins, with a wing span of up to 14 inches, are now on their way north from Brazil.

Who knows, maybe that very bird summers along the shores of Mille Lacs Lake. Maybe that bird would become the object of study by the Minnesota Purple Martin Working Group, of which the Mille Lacs Band is a member. That study shows that since 1966, Minnesota's purple martin population has declined by 80 percent.

Kelly, a Mille Lacs Band member, is a wildlife biologist and fisheries technician. He's worked at the Band's Natural Resources division since 2006. A study of the bird's migrating patterns started in 2007 and includes scientists from York University in Toronto, the Minnesota Department of Natural Resources, the Audubon Society, and Kelly himself.

With his fascination for and protective nature toward the birds, not to mention his encyclopedic knowledge, it's fitting to dub Kelly a present day bird man of Minnesota.

Native ties

The little birds first forged a bond with American Indians long ago. Their natural habitat, the hollowed out trunks of trees in the old forest, was clear cut by timber

industry barons in the 1800s. So purple martins from the southeastern United States overcame that loss by nesting in hollowed out gourds used to store grain by southeastern tribes.

"Martins have always been here," Kelly said. "They've adapted with humans and a changing landscape."

As more Europeans settled throughout the country, the idea of a multi-compartment martin house was born. The birds abandoned nesting in hollowed out trees and today, 100 percent of martins are dependent on humans for housing. In the 1950s and 1960s, thousands of back yards throughout the U.S. contained a flagpole and a martin house.

Kelly said that recent research shows that the ideal martin house is 12 inches long to prevent hawks, owls and other predators from entering. The martins are also sensitive to location: they will not nest near tall trees where predators hide.

Sparrow encroachment

Then came the late 1970s and the martin multi-house in so many suburban yards went out of fashion. Fewer houses meant fewer martins. In addition, the population of year-round European starlings and the English house sparrow increased greatly so the birds competed for the same housing.

Unpredictable and harsh spring weather creates challenges for the birds that are due back in Minnesota in mid-April: a severe cold snap damages the bird's ability to catch insects or keep babies warm during an unseasonably cold spring. When the birds become desperate, humans step in, leaving feeders with meal worm, crickets or scrambled eggs. A normal martin life span is five to seven years, although Kelly knows of a bird that lived to the ripe old age of 13.

The martins require various levels of management, Kelly said. The birds he works with are in houses that are lowered on a cable. Each week he opens the houses to count eggs and band birds. Kelly bands 800 to 1000 birds each year with numbers large enough to be read with a telescope. There are five main colonies in the Mille Lacs area, all along the shoreline and all on tribal property.

Eddy's martins

The most visible martins to a tourist's eye take up summer residence in the 18 units behind Eddy's Resort, where geolocator deployments take place. That may sound like a military maneuver, and in some respects, it is. The birds receive a fingernail-size device that's tied on. The geolocators measure the amount of sunlight, which tells scientists where the birds travel. Most purple martins go to Brazil for the winter months, and with a stopover in Yucatan on their way back and forth to North America.

That means the purple martins have something else in common with American Indians: flexibility. Mille Lacs Band members live everywhere throughout the United States, in cities, small towns, on reservations, in rural areas. Martins do the same, from the Amazon River to the Mille Lacs Lake shoreline, adapting as they go. And like Indians on a lot of reservations, they have a housing shortage.

Want to help? Kelly said he'd be happy to advise anyone on how to put up martin housing. Call him at 320-532-7747.



Public Health Survey

Toya Stewart Downey Staff Writer

Band members asked to participate

Beginning in April, Band members will be asked to participate in a survey that is designed to assess the health needs of the community. The Band's public health department will administer the survey with the goal of getting a stronger understanding of ways the staff can better serve the community.

"The purpose of this survey is to gather information from community members about many different aspects of health, behaviors, and the community," said Kimberly Willis, a Prevention Specialist and Performance Improvement Manager for the Band's Department of Public Health.

"We also want to get the opinions of Band members on a few different issues," she added.

The Mille Lacs Band Community Health Assessment provides an opportunity for Band members and those community members living with Band members in each of the districts to have their voices heard. Those living in Districts I, II, IIA, III and Hinckley are invited to participate in the survey and will

be eligible to receive a \$25 gift card to use at Band-owned businesses. Participants must be 18 years and older.

"The community health assessment is an excellent way to get involved in the community and what happens in the community," said Kimberly. "The Mille Lacs reservation has many unique strengths as well as challenges and we need help determining what those challenges are."

The funding for the assessment came through a substantial grant offered by the Centers for Disease Control and Prevention (CDC). The needs assessment is a straightforward way to estimate the needs of a community by asking residents about their satisfaction with services, development of services and what services they think are needed.

"When used over the course of time, a community assessment is able to show if current programs are working or not," said Kimberly. "And it will give us an idea of what the community wants to see happen to make the Mille Lacs reservation the best possible place to live."

To create the assessment, several departments within the Band collaborated on the effort so they could get the best measures of the health and behavioral health status of the Mille Lacs Band community.

"A lot of thought and detail went into the creation of the assessment especially to measure where the Mille Lacs people are in terms of their cultural and spiritual health," Kimberly said.

Besides helping assess programs and services, the survey will show departments what they might need to focus on. The results will also help departments continue to apply for grants and secure funding needed to offer programs.

The results of the assessment will be shared with the community through various platforms. It will also recur every three years so that the departments can monitor trends on the Reservation and the effectiveness of newly implemented changes.

More information about when the assessments will be offered will be shared as the dates draw nearer through postings in the clinics, schools, community centers, and other Band governmental departments. A meal will be provided to participants and their families at the various test sites in each of the districts.

The Boys and Girls Club will be providing childcare during the time their parents are completing the assessment. There will also be a lunch/dinner provided to participants and their families.

Circle of Health Update

Prescription copays/reimbursements: Recently there seems to be some confusion as to the Circle of Health benefits relating to prescriptions. **There have been no changes.** We cover copays for covered prescriptions. If your insurance does not cover a medication, there is no assistance from the Circle of Health. The full cost of the uncovered medication would be the Band member's responsibility. For those on state programs (Medical Assistance or Minnesota Care) we will reimburse the \$1 or \$3 copayment only. If you have questions, please contact your claims processor for assistance.

MLTC (Mille Lacs Tribal Community): The next open enrollment period is April 1, 2013. Circle of Health mails out notices to eligible Band members prior to each open enrollment period. If you do not have health insurance, please contact your claims processor for assistance.

Medicare Reimbursements: The Medicare Part B and Part D reimbursement checks were mailed on January 11th. If you did not receive your reimbursement, please call to make sure we received your 2013 Benefit Statement from Social Security. We can't reimburse you if you didn't send us this letter.

All District Elder Meetings: Department Director Carol Hernandez will discuss Medicare, Medical Assistance Spenddowns, and Durable Medical Equipment benefits at the following Elder meetings:

March 21: District 2 – ALU
May 16: District 3 – ALU

Meetings start at 11:30 am. She will stay after the presentation to answer personal question or to collect medical bills/statements to take to Circle of Health.

Contact information:

It is very important that Band members notify Circle of Health of contact information changes (address/ phone). Circle of Health makes every attempt to notify Band members of important changes, especially when it requires action on their part.

Claims Processors:

Robert Lemieux: A–L
Tammy Smith: M–Z

800-491-6106 or 320-676-8214
Fax: 320-676-8214

Circle of Health
2605 Chiminising Drive
Isle, MN 56342

Child Support Update

The 2012 child support payment statements were sent out on January 31. Included with the statements is additional information that clients may find useful in assisting them in child support cases.

Those who pay child support need to remember all their open obligations when receiving funds from annual tax refunds, stimulus payments, or other forms of settlement payments. If individuals are not paying their full monthly obligations across all cases each month, the difference of what they are paying and what they owe is added to arrears balances, with the interest and fees making it extremely difficult to overcome the fast-growing debt.

“Child support arrears does not go away,” said Amy Doyle, director of the program. If non-custodial parents would like to discuss arrears management options, contact the child support office for assistance. The number is 320-532-7755.

TRIBAL NOTEBOARD

Happy February birthdays:

Happy Birthday **Kaitlin** on 2/2 from Rachel, Waylon, Andrei, Brevin, RaySean, Grandma Chicken, Marcus, Jess, Cici, Lil Marc, Nate, Ant, Mick, Phil, Nade, Char, Pj, Whit, Carter, Val, Kev, Mariah, Jaz, Micheal & Jayden • Happy Birthday **Sissy** on 2/2. Daddy Loves you Baby. • Happy Birthday **Brevin** on 2/4 from Rachel, Waylon, Kate, Andrei, RaySean, Grandma Chicken, Marcus, Jess, Cici, Lil Marc, Nate, Ant, Mick, Phil, Nade, Char, Pj, Whit, Carter, Val, Kev, Mariah, Jaz, Micheal, Jayden, Craig, Arielle, Nick, Jenai, Jayla, Randi, Brad, Bruce, Deanna, Cilla & Stace. • Happy Birthday **Boo Boo** on 2/4, Daddy Loves you son. • Happy birthday **Baby Chris** on 2/7 from Rachel, Waylon, Boo, Randi, Brad Jr., Bruce, Val, Jay & Brad Sr. •

Happy Birthday TANK Wagner on 2/13, with love from gamma, Uncle, Mommy, Elias, Alizaya and Rico. • Happy Birthday **Braelyn** on 2/22 from Rachel, Waylon, and Boo, Randi, Brad, Bruce, Val, Jay, Daddy, Eric, Wes, Payton, Brynley & Papa Brad. • Happy Birthday **Cordell** on 2/23 from Rachel, Waylon, Boo, Randi, Brad Jr., Bruce, Val, Jay & Brad Sr. • Happy Birthday **Kelly** on 2/27 from Rachel, Waylon, Brevin, Kaitin, Andrei, Marcus, Jess, Gram joyce, Mama Tammy, Mandy, Dev, Poose, Milly & Bee. • Happy 18th Birthday to **Joseph!** Love Mom, Dad, Grandma, Uncle John, Sam, and family.

Happy February birthday to Mille Lacs Band Elders!

Nancy Ann Arnoux
Laura Ann Ashcroft

Melanie Ann Benjamin
Debra Jean Blake
Judy Ann Carlson
Harry Richard Davis
Bonita Louise Eagle
Douglas Willard Eagle
Eileen Frances Farah
Eugene Duane Garbow
Beverly Ann Graves
Mary Louise Hoffer
Donald Ray Houle
Conrad Kegg
Maggie Kegg
Victoria Gina Mitchell
Gilbert Wayne Moose
Debra Lee Northrup
Robin Lou Oswaldson
Rhonda Lynn Peet
Alan Pindegayosh
Lawrence Virgil Reynolds
Ellen Marie Roth
Bette Sam
Darlene Frances Sam
Gladys Diane Sam
Kenneth Wayne Shingobe [Mitchell]
Alvera Marie Smith
Elizabeth Ann St. John

Robert Lee Staples
Audrey Lorraine Stately
Berniece Sutton
Emma Edna
Thomas Ramona Joyce
Washington
Patrick Weyaus
Marilyn Jean Whitney
Clyde Manuel Wind
Dorothy May Wistrom

Happy belated birthdays:

Happy Belated Birthday to **Brandon Wiedewitsch** on 1/15, with love from mom, sister, Punky, TANK-O, Sissy Bear & Rico. • Happy Belated Birthday to Mille Lacs Band Elder **Steven L. Pewaush** on 1/25. Yippie ki-yay!

Other Announcements:

Miss Reginna Moose has been attending the Tribal Community College at Cass Lake, receiving all A's and has

been awarded a scholarship, which she will use this coming fall, then graduate in the spring. She also got on the Dean's List. Ginna is the daughter of Linda Moose, granddaughter of Caroline Boelter. Yeah Ginna!! • **Avery Joyce Aubid** was born on 5/9/12 to Rachele Moose and Azhibik Aubid. Welcomed home by older sister Aaliyah, older brother Ayden, grandmas Dorothy Aubid, Linda Moose, and Great Grandma Caroline Boelter. Weight 7 lbs., 14.5 oz., length 19 inches. • Congrats to Brandi and Grant on the birth of their son, **Rico Harvey Garbow**, on 11/19/12, with love from gamma Tammy, Uncle Brandon, brothers Elias, TANK, sissy, gamma Beverly Kegg and family.

FEBRUARY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18 Chief's Day	19	20 Chief Executive Elder Trip Treasure Island Resort & Casino DIII Community Meeting 5:30 p.m. Aazhoomog Center Chiminsing Bingo 6 p.m. Chiminsing Community Center	21 Chief Executive Elder Trip Treasure Island Resort & Casino. Call Lacey Ballinger for more information: 320-532-7486 Beading Circle 6 p.m.-8 p.m. MSU St. Paul Supplies provided	22	23 Ojibwe Moccasin Workshop Noon-4 p.m. Mille Lacs Indian Museum. Fees apply. Reservations required, call 320-532-3632
24 Ojibwe Moccasin Workshop 10 a.m.-2 p.m. Mille Lacs Indian Museum. Fees apply. Reservations required, call 320-532-3632	25	26	27 District II-A Community Meeting 5:30 p.m. Chiminsing Community Center Contact Lesley Sam: 320-676-1102	28 Urban Comm. Meeting 5:00 p.m. All Nations Church District II-A Sobriety Feast 5:30 p.m. Chiminsing Community Center Beading Circle 6 p.m.-8 p.m. MSU St. Paul Supplies provided	1	2 Kids Crafts: Story Book Time & Shoulder Bag Noon-3 p.m. Mille Lacs Indian Museum. Fee is \$7 (museum admission not included)

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Heating, Water, and Maintenance Problems?

During normal business hours, tenants in Band rentals and private Elders living within the service area should call 800-709-6445, ext. 7433, for work orders.

After business hours, tenants with maintenance emergencies should call 866-822-8538 and press 1, 2, or 3 for their respective district.

Boiler's Licensure Training Event

March 6, 13, & 20 from 8 a.m.-Noon.
At the Government Center's Media Room
Participants must attend all three sessions.
Contact Paul Janowiec to reserve a spot:
Paul.Janowiec@MilleLacsBand.com

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

MARCH 2013 | VOLUME 15 | NUMBER 3

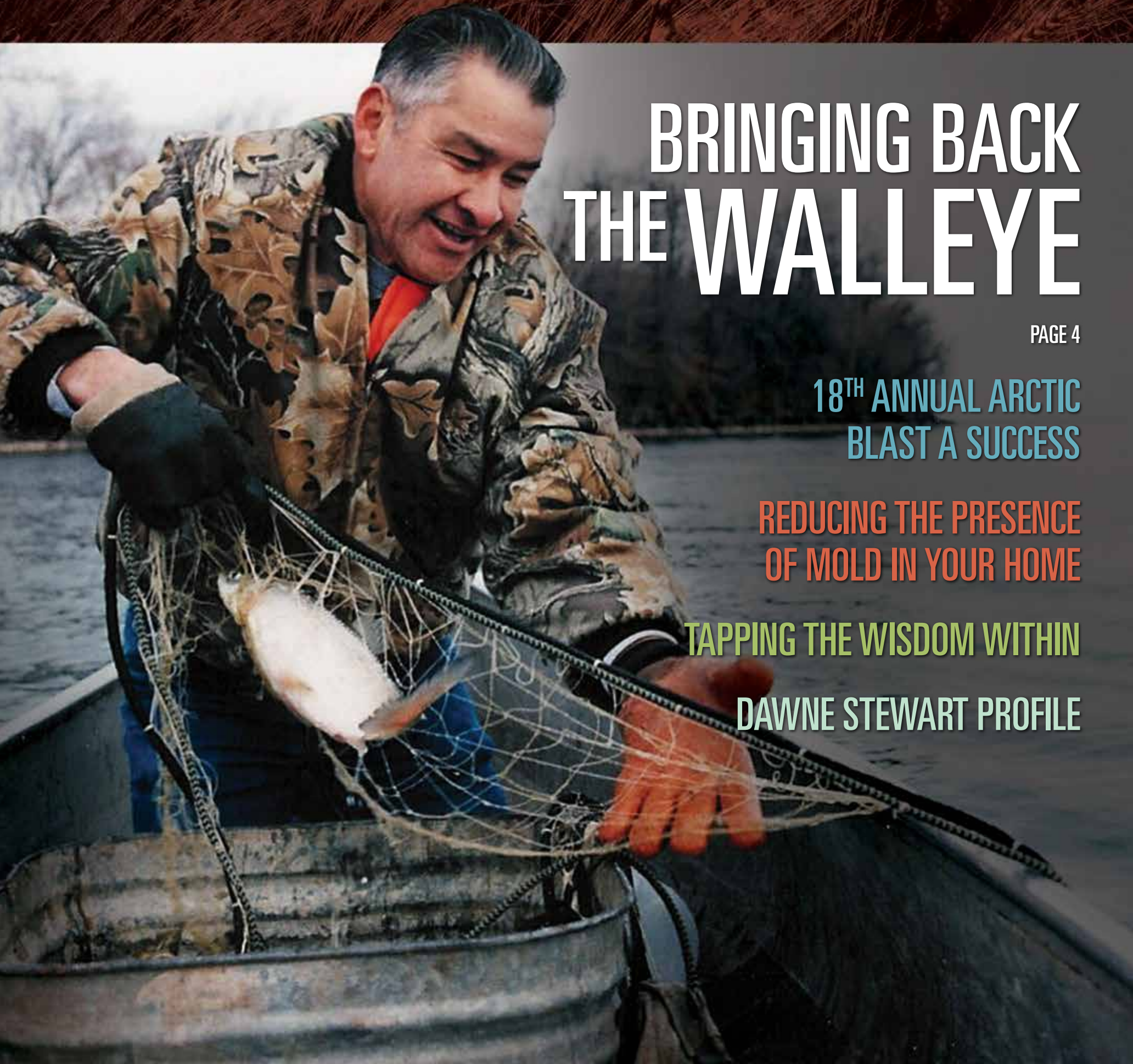
BRINGING BACK THE WALLEYE

PAGE 4

18TH ANNUAL ARCTIC
BLAST A SUCCESS

REDUCING THE PRESENCE
OF MOLD IN YOUR HOME

TAPPING THE WISDOM WITHIN
DAWNE STEWART PROFILE



MESSAGE FROM THE CHIEF EXECUTIVE



MELANIE
BENJAMIN
CHIEF EXECUTIVE

Boozhoo!

The Midwest Alliance of Sovereign Tribes is made up of 35 regional tribes in Minnesota, Wisconsin, Michigan and Iowa, representing 134,000 American Indians. The Alliance was formed in 1996 to advance, protect, and preserve treaty rights, sovereignty and the culture of Midwestern nations. The members of MAST are responsible for bringing important policy issues to the attention of state, regional and federal officials.

The Mille Lacs Band is a MAST member. In February, we met in Washington D.C. at the Holiday Inn Capitol for "Impact Week." The first couple days of meetings were to prepare us for later meetings with members of Congress and White House staff. Impact Week allows face-to-face time with congressional representatives and the opportunity to educate them on issues that impact our region. The tribal representatives were divided into 11 groups. Sometimes we met with staff of the elected officials, but more often we met with the officials themselves.

The Mille Lacs Band visit with U.S. House of Representative member Rick Nolan from the 8th Congressional District was very productive. We discussed expansion of our tribal schools, economic development projects, and the Tribal Law and Order Act, to name a few. Rep. Nolan has offered an interesting internship program that will have an impact on tribes in Minnesota. The internship will give Band members a chance to work in Washington D.C. I am excited that our Band members will have the opportunity to learn how Washington politics work. Stay tuned for more information on this opportunity.

During the course of Impact Week, I was elected by MAST to be its representative to the Department of Justice Tribal Nations Leadership Council. I received 82 percent of the vote for this two-year term, and appreciate that level of confidence from MAST. The Council works to strengthen government-to-government relationships between the U.S. and tribal nations. In the months ahead, we'll be addressing law enforcement in Indian Country, civil rights, tax issues, environmental concerns and issues

regarding sacred sites. I look forward to learning more about the Department of Justice and its role in law enforcement on tribal land.

Don't get the impression that all of our off-reservation meetings take place with elected officials. Oh, no. During the MAST Impact Week, I met with a representative from the Dr. Comfort footwear company to talk about products for people with diabetes. According to the sales representative, prescription diabetic footwear can help prevent

ed the audience that there is more vacant property in St. Paul for sale, in case anyone was interested.

I invited Robert "Tim" Coulter to make a presentation on the United Nations Declaration on the Rights of Indigenous People later during the MCT legislative dinner program. Tim is the Executive Director of the Indian Law Resource Center. The Indian Law Resource Center was established by American Indians for legal advocacy. The Center staff gives legal assistance to Indian and Alaska Native nations that are working to protect their lands, resources, human rights, environment and cultural heritage. I've been a board member of the Indian Law Resource Center for about six years. Later that evening I spent some time with Dr. Tiffany Beckman from the University of Minnesota. We discussed the health of our communities.

Elder trip

Late in February I went with the Elders on their two-day trip. More than 130 Elders signed up for the drive and visit to Treasure Island Resort & Casino. Only a certain number of hotel rooms were set aside for the trip, and unfortunately not everyone who wanted to attend could attend. But there will be other Elder trips in the future!

The MLB Commissioners were invited to join us and provide information from their departments. Everyone was especially interested in the remarks from Commissioner of

Corporate Affairs Joe Nayquonabe, Jr., who talked about the St. Paul hotels purchase and other Corporate Commission projects like the new printing company to open in Onamia and renovation to Eddy's Resort.

Pete Nayquonabe, Commissioner of Administration, talked about the 2013-2014 budget process and what is happening in housing. We also heard updates from Suzanne Wise, Commissioner of Education, and Samuel Moose, Commissioner of Health and Human Services. We had a good time together, and thanks to all who attended.

A handwritten signature in cursive script that reads "Melanie Benjamin".



The Midwest Alliance of Sovereign Tribes met in Washington D.C. in February to set its agenda and meet with congressional leaders and White House staff. The Mille Lacs Band is a member of MAST. Shown above are MLB Chief Executive Melanie Benjamin, Amber Benjamin, Minnesota Senator Al Franken, and Heather Benjamin.

more serious foot health complications that arise as a result of diabetes. After a little thought, it made sense to me to bring this opportunity to our Elders. We will set up dates at each district for the shoe fittings if Elders are interested.

MCT Legislative Dinner

This year's Minnesota Chippewa Tribe dinner was held at the Crowne Plaza in St. Paul in February. St Paul Mayor Chris Coleman delivered the welcome and opening remarks. Mayor Coleman was entertaining during his remarks, and challenged the Tribes to follow what the Mille Lacs Band of Ojibwe had done with the recent purchase of two hotels in downtown St. Paul. Mayor Coleman remind-

Losing Our Future

U.S. SUPREME COURT TO RULE ON INDIAN CHILD AND WELFARE ACT CASE IN APRIL

Deborah Locke Staff Writer

In January the U.S. Supreme Court decided to review a South Carolina case that evolved from the Indian Child and Welfare Act (ICWA). Oral arguments on this emotionally charged case will take place on April 16, 2013.

Mille Lacs Band officials involved with ICWA cases called that decision bizarre, puzzling and potentially devastating to tribes. A tribal judge called the review astounding and disturbing.

Somewhere in the details of the complicated case, one truth emerges: American Indians across the country will watch the outcome of that review with tremendous interest. The very future of their communities depends on it.

ICWA was passed as federal law in 1978 to halt the involuntary removal of Indian children from Indian tribes.

"The intent of the act was to protect Indian families," said Andrew Small, a tribal court judge from the Lower Sioux Reservation who helped craft provisions of ICWA in Minnesota. "When Indian tribes lose their children, they lose their future."

In the 1950s and 1960s, Minnesota was among the worst offending states for the wholesale removal of Indian children into non-Indian families, often simply because the biological Indian parents were impoverished.

"Kids were picked off," Andrew said. One out of every four Indian children in Minnesota was in out-of-home placement. In many instances, mothers were told that their babies would have more opportunities in a non-Indian household that had a higher income. Few if any at-

tempts were made to place the child or baby with tribal family members.

Today, ICWA requires child welfare workers to take measures to place an American Indian child first with his or her relatives, or with tribal members, and finally, with non-tribal, off-reservation members.

Long before those steps take place, District III Representative Diane Gibbs gets involved.

Diane is the Mille Lacs Band's ICWA Qualified Expert Witness. If the County Child and Welfare Department concluded that a child needed out-of-home placement, it would notify Diane, and the Mille Lacs Band.

"Parental rights should not be terminated in Indian Country unless the case is extreme," she said. "We tend to take care of our own."

The Band works to help families before they reach a stage of crisis, she said. The ICWA requirements — notifying family members and tribes of a potential out-of-home placement of an Indian baby or child — could use a review, she said, but it works overall.

The Supreme Court case

Clearly, someone on the U.S. Supreme Court disagrees. The convoluted facts of the South Carolina case roll out something like this: a non-Indian woman engaged to a Cherokee man became pregnant and decided to break off the engagement and allow a non-Indian couple from Oklahoma to adopt the baby. The father relinquished his pa-



rental rights without fully understanding what that meant, presuming that the ex-fiancée would raise their child. He was deployed to military service in Iraq through the U.S. Army, and learned that the baby girl was adopted by an Oklahoma couple.

Following tests that proved the Cherokee man was the father and that the Cherokee Nation recognized the baby girl as a tribal member, the South Carolina Supreme Court determined that the girl, now 2, should live with her father.

The fact that the father was serving his country while at the same time, trying to establish his right to his child really bothers Sam Moose, MLB Commissioner of Health and Human Services.

"None of this should have happened," Sam said. "He was serving his country and his rights at home should have been protected." An important strength of ICWA is the caveat that an Indian child's relatives must be aware of a potential out of home placement, and that the tribe, **Continued on page 10**

Changes at MLB: Zero-Based Budgets and Potential Federal Cuts

Deborah Locke Staff Writer

Two changes, one real and one potential, could change the financial landscape at the Mille Lacs Band. Both changes make the job of managing tribal finances challenging.

Last year Republicans in Washington, D.C. demanded budget cuts in exchange for a small tax increase on the wealthiest Americans. As a consequence, governments across the country received warnings: Expect a budget drop of at least 15 to 20 percent from the federal government starting in 2013. Municipalities, counties, and even reservations all got the same bad news: Prepare for less.

John Gerdener, Finance Commissioner for the Mille Lacs Band, was one of the first at Mille Lacs to receive the news. He can't predict which areas would be hit the hardest among housing, education, health and law enforcement. A lot depends on what Congress and President Obama do in the upcoming weeks.

"Then again, there may be no cuts or only small cuts,"

John said. "We are continually monitoring this situation in Washington."

But here's a change that's a certainty at the Mille Lacs Reservation as of October 1, 2013 — zero-based budgeting. That may sound new, but it's not. Former President Jimmy Carter used that system when he was governor of Georgia in the early 1970s and then later as President.

It means that an organization examines needs and costs. Budgets are built around what is really needed, not just what was spent in the previous year. It's a reversal of the way government has usually been conducted. Typically, a government department will create a budget based on what was spent the previous year (the baseline), and perhaps add three percent to the total. It presumes that inflation, wages and gas increases will drive costs up.

Zero-based budgeting means every line item of a budget has to be justified, with no reference to prior expenditures.

"It reverses the traditional process," John said. "Every nickel now has to be justified."

The new budget method will require far more scrutiny and there are usually challenges with implementation.

"The advantage will be the elimination of waste," John said.

The disadvantage?

"It's a very hard process to get your arms around and implement," he added.

There is an upside. For example, operations and services often improve because more cost-effective methods are adopted. Employees are motivated to take more responsibility in decision making and setting priorities. Wasteful and obsolete operations are identified and cut back or eliminated.

"Band members expect Band government to deliver the highest level of services at the most efficient and effective costs," John explained.

BAND WORKS WITH STATE AND WILDLIFE
COMMISSION TO INCREASE WALLEYE POPULATION

BRINGING BACK THE WALLEYE

Deborah Locke Staff Writer



Tribal and state officials agreed to cut the walleye harvest at Mille Lacs Lake in half this year for both tribal members and for sport anglers. The decrease — from a total quota of 500,000 pounds last year to 250,000 pounds for the 2013-14 season — is due to a declining population of walleye. The Ojibwe will be allocated a 71,250-pound harvest. Sport anglers will be allocated 178,750 pounds.

As a consequence of the declining numbers, news stories have flourished lately about the walleye, which is the most sought-after fish in the state, according to the Minnesota Department of Natural Resources.

The Mille Lacs Band Department of Natural Resources is concerned with increasing the walleye numbers for current and future generations of Band members.

"There's no smoking gun," said the Band's Natural Resources Commissioner Brad Kalk when asked about reasons for the declining fish population.

"You can't point to a single predatory fish or an invasive species or harvest methods or global warming as a single reason for the decline," he said. Instead, a perfect storm of variables evolved over time which strained the lake's ecosystem. This issue occurs both here and in other lakes throughout the state.

Finding solutions

Those variables will be addressed by biologists from the Great Lakes Indian Fish & Wildlife Commission, who will work with the Band and the state DNR on the walleye shortage. The team will come up with recommendations on how to more responsibly manage Mille Lacs Lake with its present day challenges. The Band will take seriously any dramatic solutions that may be recommended, Brad said. Future meetings with GLIFWC will take place in July and October.

It's not the first time a fish population has dropped in Mille Lacs Lake. Earlier generations of Ojibwe recognized periods of decline among the walleye and took measures to bring the numbers up, Brad said. Red Lake was nearly empty of walleye a decade ago, a fate also suffered by Leech Lake. Changes were made and today the walleye population has rebounded.

Lake history

Those earlier generations of Ojibwe beheld the same natural beauty of Mille Lacs Lake that can be seen today. "Mille Lacs" is French for "one thousand lakes." In Ojibwe, the lake is called Misizaagaigan, or "grand lake." Its land mass is more than 132,500 acres. Mud flats make up the northern half of the lake while gravel and rock bars make up the southern half of the lake.

Mille Lacs Lake offered an ideal environment for walleye. The Minnesota DNR states that the walleye, with its thick, white fillets, handsome shape and coloring and elusive nature, is a prized catch among anglers. The average walleye pulled from any lake is about 14 inches long and weighs just over a pound, according to the state DNR. The fish is named for its pearlescent eye that helps it see and feed at night or in murky water.

The state DNR reports further that walleye usually feed in shallow water at dawn and dusk. Their diet is other fish, and they prey heavily on yellow perch, especially at night. During the day, they seek shelter in deep water.

If that environment is ideal, where did the fish go? Again, look for a perfect storm rather than an easy answer. For example, Brad said that if the number of northern pike is high one year, the smaller walleye up to two years of age are prey for the increased numbers of pike. That's one way the imbalance begins.

Invaders

Zebra mussels, the fingernail-size striped mussel that attaches to objects, were found in the Great Lakes in 1988. They made their way into Minnesota's lakes through boats, nets, docks, and other objects. Brad said that the mussels attach to rocks in Mille Lacs Lake, die off and a new shell layer forms on top of the old layer. That creates a surface similar to a razor-sharp coral reef. Walleye spawning in water with a rocky bottom get their underside scratched by the zebra mussel shells. Also, baby walleye eat less when zebra mussels are around because the mussels filter out tiny "zooplankton," microscopic animals found in aquatic ecosystems.

"The baby walleye are too little to swim elsewhere to find the zooplankton, so they starve," Brad said. "Zebra mussels are terrible for any lake."

Another issue: the fact that the lake is managed in a way to produce trophy-size fish at 18 to 28 inches in length. Any fish that big needs a lot of smaller fish to survive. Warmer lake temperatures will affect the tullibee population, a slender silvery white fish preyed upon by northern pike and walleye. A couple of weeks of intensely hot summer weather will quickly kill off a tullibee population. The tullibee also eat zooplankton so their numbers would be reduced because of the zebra mussels.

Burbots, the small cod-like fish that prefers cold, deep lakes, have disappeared from Mille Lacs Lake. A soft fish, they were "like a candy bar for a lot of fish," Brad said. Warming temperatures cleared Mille Lacs Lake of burbot.

"Hook mortality" claims its share of walleye, also. It happens when an angler catches a walleye that's too big to keep and drops it back into the lake. The walleye is tired after the struggle on the fish line, and rests in the top ten feet of water that on hot days can be 80 degrees. The heat and inability to get sufficient oxygen from deeper depths kill walleye.

"I had friends out this summer who said it looked the genocide of walleye," Brad said. "They saw at least 15 walleye floating in one area."

The decline in the walleye population gets stickier when you add political pressures to the mix emanating from treaty law that retained the age-old Ojibwe harvest tradition. To put it gently, not every person in the state agrees that the Minnesota Ojibwe treaty provisions that retain traditions are valid. The decline in walleye becomes stickier yet when you consider the economic pressures from entrepreneurs who earn a living from the lake and its tourist population. Fewer anglers mean fewer dollars gained by business owners.

Overall, the majority of the lake is in good health, Brad said. Although the walleye population is strained now, the population could return within five years with care and good management.

Through it all, the lake seems to take care of itself at times. Last year's net season was bad, Brad said. One day the weather and wind combined to chase netters back into their vehicles and home.

It's like the lake said to everyone: take off, leave me alone.

Today I need to rest.

Information on walleye, zebra mussels and more came from the state DNR website, which can be found at www.dnr.state.mn.us.

March is Colon Cancer Awareness Month

AMERICAN INDIANS AT HIGHER RISK OF COLON CANCER THAN OTHER POPULATIONS

Toya Stewart Downey Staff Writer

Joy Rivera knows firsthand how devastating a cancer diagnosis can be for a family. Her mother died of the disease and her aunt is currently battling brain cancer.

That's why Joy is determined to spread the word as far and wide as possible that one type of cancer is more prevalent in the American Indian population than other cancers. Joy belongs to the Snipe Clan of the Seneca Nation Haudenosaunee People.

"Many people don't know this, but colon cancer is the second leading cause of cancer death in American Indians," said Joy, a colon cancer screening navigator for the American Indian Cancer Foundation. "Sadly enough, the fact that we're Native Americans puts us at risk."

"Colon cancer follows lung cancer. Breast cancer is more common in women and prostate cancer in men, but overall, colon cancer is number two."

According to the American Indian Cancer Foundation, cancer is the leading cause of death in Minnesota of American Indian adults.

"In Minnesota American Indians, cancer recently passed heart disease as the leading cause of death," said Joy. "Part of this is due to better treatments for heart disease, but it is also due to many cancers being more common in Indians." A sobering statistic is that in Minnesota American Indians have a 55 percent higher incidence of colon rectal cancer.

While overall one in 17 will have colon cancer in their life, having a sibling or parent with colon cancer can mean there is a cancer gene in the family, and the lifetime risk can go up to one in six.

"The more family members that have had colon cancer, the higher the risk because there is a greater chance these genes are in the blood lines," Joy said.

Some of the factors that increase risk for colon cancer include being overweight, smoking and having diabetes — the same ills that plague many American Indians today.

That's why it's important that people get screened beginning at age 45 if at all possible. Medical insurance typically covers screenings beginning at age 50, but some physicians may approve the earlier screening based on genetics and other risk factors.

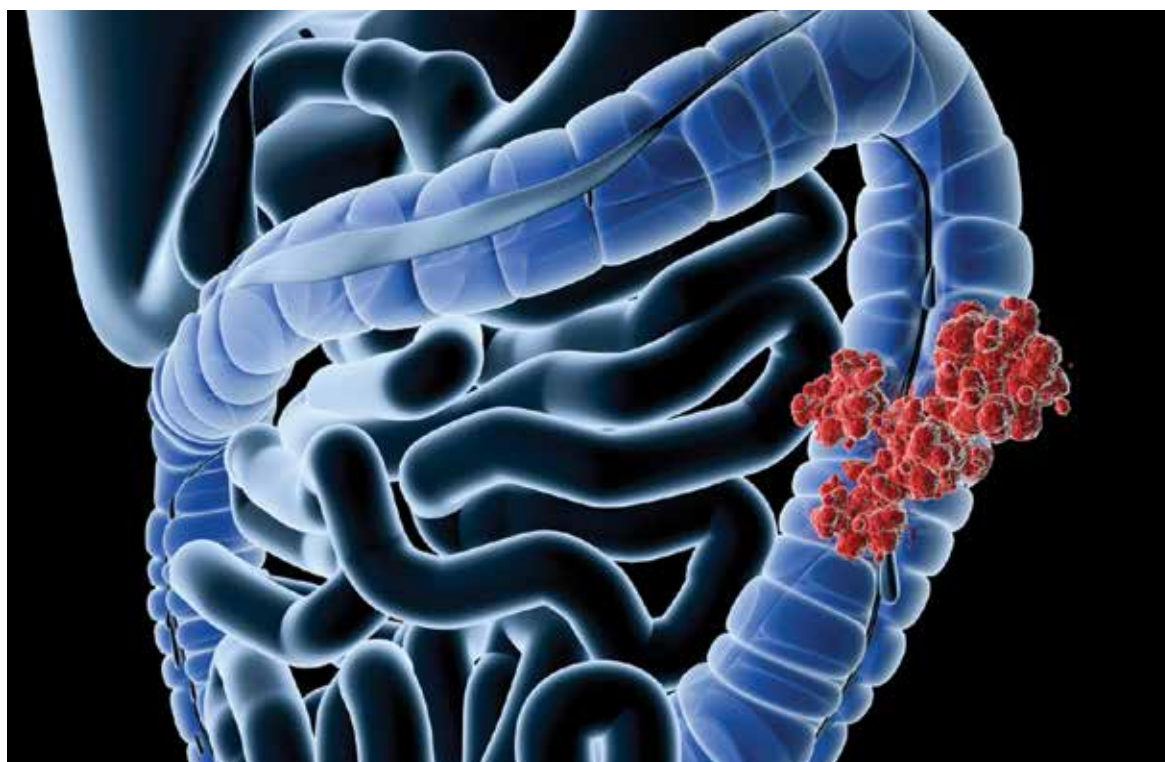
Typically, there are not any symptoms that are evident for this disease, which makes it more critical that people get screened.

"It's important to know that colon cancer is a cancer that can be prevented. As a colon cancer navigator, my job is to teach all that will listen about the impact colon cancer has on our communities and how it can be prevented," said Joy. "It is also to spread the word on how important screening is in catching the disease early when it can be most easily cured, and to prevent to disease."

"I work in the community to teach our people about screening options, where to get screened and what the test results mean."

"There are different ways of getting screened, but the best way of being screened is actually getting it done. The method doesn't matter. Just get it done."

For more information: www.americanindiancancer.org and www.cdc.gov/cancer/colorectal



Burial Insurance Update

The Band Assembly recently made changes to the Band's burial insurance program. This program is self-insured by the Band and is available to all enrolled Mille Lacs Band members. It has always been the intention of the program that funeral and grave digging expenses, along with a family stipend in an amount not to exceed \$500, be the sole expenses covered by this program. The program is not an insurance policy, but is a benefit to Band members who, for whatever reason, do not own a private insurance policy.

After notification to OMB by a Band Assembly staff member, OMB will pay the family stipend as soon as reasonably possible and according to OMB procedures. The

family stipend will be paid to the relative designated by the deceased Band Member on their burial insurance form. The funeral home and grave digging expenses will be paid within thirty days after OMB's receipt of an itemized billing statement and certified death certificate. The maximum amount paid for any funeral is \$7,000.00.

In order to comply with the Band member's wishes upon his/her passing, it is recommended that a burial insurance designation form be completed and on file in the OMB office. However, if a designation form is not on file in OMB, the deceased Band member's spouse or designee that is appointed according to the policy must agree to be responsible for making funeral arrangements.

The Band assumes no liability for any costs related to an individual's funeral or burial in excess of the benefits that will be provided under the terms of the policy.

In the unfortunate event that a child who is eligible for enrollment dies prior to becoming an enrolled Band Member, the Band Assembly may, in its discretion, provide up to a \$7,000 benefit towards funeral and burial expenses of such child.

The Band Assembly reserves the right to amend or terminate the burial insurance program at any time. This program is subject to the budgetary conditions of the Band.

If you wish to fill out a burial insurance designation form, please call Bette Sam at 532-7470, or stop by OMB to ensure that you have a designation form on file in the OMB office. Having a form on file allows OMB to serve your family best during their time of loss and grief.



DISTRICT 1



DI February Community Meeting



Judge Richard Osburn speaks to the DI community.



The next District 1 Community Meeting will be held at the District 1 Community Center on Monday, March 25 at 5:30 p.m.



18th Annual Arctic Blast a Success

Trip Johnson Staff Writer **Tiffany Bolk** Photographer

The 18th Annual Arctic Blast Snowmobile Rally took place on February 9th and 10th at Mille Lacs Lake, bringing Mille Lacs Band members together with members of the Minnesota Vikings. Participants included several current and former Vikings players, members of the Vikings Cheerleaders Team, and several Mille Lacs Band members.

The two-day event, which included a Community Breakfast, Snowmobile Ride, and Prize Party, gave away more than \$30,000 in prizes — and raised close to \$100,000 for area charities and the Vikings Children's Fund.

Reducing the Presence of Mold in Your Home: Part 1

Charles J. Lippert Air Quality Technician

Courtesy of Mille Lacs Band Department of Natural Resources and Environment, Environmental Office in cooperation with Mille Lacs Band Department of Health and Human Services, Public Health Office.



Reducing the presence of mold in your home is a year-round effort, but when your home is closed off during the winter, reduction efforts become difficult, often leaving the home occupants to face a large mold colony in their home.

This short guide, which will be published in three parts, is designed to help you reduce the presence of mold in your home. The next two segments will share tips on mold prevention.

What is mold?

Mold is a general term for a wide variety of microorganisms whose function is to help decompose dead matter and return it back to the Earth as dirt. Many molds help rot away plant matter, while some help rot away animal matter. Molds are a natural part of our ecosystem and are found everywhere. They can be found right now, as small colonies on various forgotten areas of your home and as spores in the air trying to find a new colony site. Mold spores generally are not visible to the naked eye but mold colonies are, so most people don't take action until well into the mold's life-cycle.

In some cases, humans can use some decomposing enzymes of mold to our advantage, such as by creating medicines and foods. Some people have mold product allergies and sensitivities, while others can develop them over time. There are rare cases of mold-induced lung,

skin and immune-response illnesses. Consequently, we do not want large colonies of mold in our presence because they can destroy our home and its contents – which are full of plant matter such as wood, paper, linen, cotton, rubber, fruits, vegetables, and grains. Homes are also filled with animal matter such as leather, wool and furs, meats, dairy products, human and pet dander and feces from pets and pests. Dust, which is pervasive in homes, is typically a mixture of plant and animal matter and if exposed to mold for a long time, they can also destroy our health. But like any living organism, mold needs three things: food, water and shelter. We cannot eliminate their shelter, as it is also our shelter. We cannot eliminate their food, as it is our home, belongings, foods and ourselves.

Our first real choice in reducing the presence of mold in your home is to reduce its access to water.

Molds are very social and when they form colonies, several different mold types come together to help each other decompose the plant or animal matter. Some mold colonies also invite bacteria, fungi and other small organisms to join their colony for a symbiotic relationship. Consequently, it does not matter if the mold is black, white, green, brown, blue, purple, orange or red. They all equally pose risk to us. Mold, like any living organism, has several stages of life: spore, mildew, reproduction and fruiting. If molds begin to form colonies, through physical elimination and through chemical elimination, by interfering with any of their stages of life, **our second real choice in reducing the presence of mold in your home is to cut their colony down to a small size.**

For more information, contact:

On mold reduction strategies:

Department of Natural Resources and Environment
Environmental Office Air Quality Program

All districts: 1-320-532-4704

On health effects of prolonged mold exposure:

Department of Health and Human Services Public
Health Office

District I Office: 1-320-532-7776

District II Office: 1-218-768-2389

District III Office: 1-320-384-0149

WIN AN iPod nano!



Sign up to follow the official Facebook page of the Chief Executive by March 15 to be entered into a drawing for an iPod nano!

Please join the conversation by "liking" me on Facebook. It's a great way to stay current on Band news, and a great place to share your opinions on matters affecting our Tribe. Hope to see you there. Miigwech!

Melanie Benjamin



"Like" us on Facebook

facebook.com/ChiefExecutiveMelanieBenjamin

Wanted: Youth Powwow Dancers

Be a contestant at the 47th Annual Mille Lacs Band Traditional Powwow Royalty Contest

Do you love to dance at powwows? Would you like to be a role model for other youth?

Held August 16-18, 2013

Must be:

- 6-18 years of age
- Mille Lacs Band member, or
- Direct descendant of a Mille Lacs Band member

Jr. Brave & Jr. Princess - 6-12 years of age
Sr. Brave & Sr. Princess - 13-18 years of age

Deadline to sign up is August 2, 2013, but we recommend that you sign up early so you have plenty of time to complete your required tasks for your points.

For more information and application packets contact LeAnn Benjamin at 320-532-7595, or e-mail: LeAnn.Benjamin@millelacsband.com or Chasity Gahbow at 320-532-4742, e-mail: Chasity.Gahbow@millelacsband.com

February Community Meeting Report

The District III February Community Meeting was held on Wednesday, February 20, at the Aazhoomog Community Center.

Speakers

- Donna Hormillosa, Public Health 320-384-0149
- Sharelanee Staples, Schools 320-384-7598
- Dave Matrious, 320-384-7598
- Billy Garbow, Sobriety Group 320-279-1712

The next District III Community Meeting will be held at Grand Casino Hinckley on Wednesday, March 20 at 5:30 p.m.

Minnesota Chippewa Tribe Finance Corporation First-Time Homebuyer Education Class

Saturday, April 6
8:30 a.m. – 4:30 p.m.

The Minnesota Chippewa Tribe Building
15542 State 371 NW
Cass Lake, Minnesota

First-time Homebuyer Education is a requirement of the Minnesota Chippewa Tribe Finance Corporation for qualified buyers.

Please reserve your spot in this **FREE** class with Cindy Beaulieu by calling 218-335-8582, ext. 150 or by email: cbeaulieu@mnchippewatribe.org

No Childcare is provided so please make other arrangements.

Interested in submitting to the *Inaajimowin*?

The deadline for the April issue is March 15th.

Send your submissions and birthday announcements to Andy McPartland at andy@redcircleagency.com or call 612-372-4612.



DISTRICT 3



Elder Advisory Council members (L-R): Alvina Aubele, Carole Higgins, Herb Sam, Gloria Songetay, Dave Matrious, and Larry Smallwood with DIII Rep., Diane Gibbs.

Tapping the Wisdom Within

AAZHOOMOG ELDER COUNCIL PROVIDES INVALUABLE ADVICE

Toya Stewart Downey Staff Writer

Even before she was elected to serve as the District III Representative, Diane Gibbs believed that in order to be a strong leader, having a strong group of advisors was crucial.

That's why, when she assumed her role as an elected official, she carefully selected a group of seven Band Elders who could offer her thoughtful and deliberate counsel to help her govern as a Band Representative.

"I never believed that there was one leader in a community," said Gibbs. "I always believed you needed other people's advice."

The committee is a mix of traditional healers, spiritual leaders and drumkeepers, including:

- Alvina Aubele, Ogichidaakwe
- Carole Higgins, Ogichidaakwe
- Dave Matrious, drum keeper
- Larry Smallwood, drum keeper
- Herb Sam, traditional healer
- Lee Staples, spiritual leader
- Gloria Songetay, a Christian by faith who provides a different perspective

"Their role is to advise me as to what needs to happen in this district," Gibbs explained. "They have authority to tell me what I or my staff should do."

Gibbs and the Elder Advisory Council, which has been in place for more than a year, also rely on Band Commissioners, who oversee the Departments to assist them in getting projects completed.

One example of the joint efforts was the creation of a sign for the Steven's Lake Cemetery.

By removing the poison ivy plants, the group is making sure the cemetery remains well maintained.

Another request by the Elder Advisory Council was for the community to begin using the name Aazhoomog, which means "crossroads" in Ojibwe, rather than Lake Lena.

According to legend, many years ago there was a postmaster named Lena in the area, who allowed local children to swim in a lake on her property. In her honor, some residents began calling it the Lake Lena area.

"It's a nice story," said Gibbs. "But we're trying to get back to the traditional Aazhoomog name."

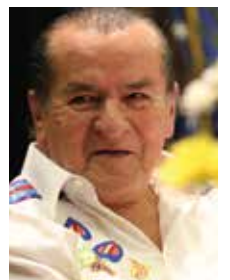
The committee also provides suggestions on what the Elder trips should be and places they should go.

"We are all working together to make sure our community has what it needs," Gibbs said.

The group meets bi-monthly for updates and discussions. Members frequently talk about two very important topics: keeping children engaged in school, and teaching and promoting the Ojibwe language.

"We have had long discussions about what our education needs are and what we can do to keep our kids in school," Gibbs said. "And every member of the committee is 'pro-language.' They all know how important it is to continuing teaching our language."

This article first appeared in the January/February issue of the Aazhoomog News.



Elder Advisory Council member Lee Staples



Dawne Stewart Profile

Toya Stewart Downey Staff Writer

Mille Lacs Band member Dawne Stewart has been providing catering services for the Urban Area community meetings for the past four years. Dawne, who works full-time for an energy conservation company, isn't ready to quit her day job to become a full-time caterer. However, she says she enjoys the regular opportunities to pursue her passion for cooking through the work she does with the Band. Toya Stewart Downey sat down with Dawne, owner of DB&J Catering, to find out more about how she got her start and what her future plans are as a small business owner.

When did you start catering for the Band?

My journey began in 2009 as I was seeking ways to use my love of cooking to provide a better way of living for myself and my children. I knew it was important for me to find ways to grow my finances by finding a way to make a difference in our lives.

How did you become interested in this opportunity?

As a youth I always loved to feed people and spent countless hours glued to PBS, watching Julia Childs, seeing her make wonderful dishes to share with people. My love for cooking came naturally as my grandfather spent his life cooking for people in hospitals, and of course, making his famous chili for Christmas cookie parties. I would also watch him add the ingredients skillfully and gleaned a little from him as well. Initially, my hopes were to cater the dessert portion for the Urban Christmas Feast. I make delicious sweet potato pies, one of my specialties, and everyone who tried it loved my pies. I decided I would give it a try, and didn't worry about what the answer would be, I just knew I had to ask. I called the Urban office to inquire about submitting a bid for desserts for 500 people, and was told they had another caterer. But the director, Barb Benjamin-Robertson, asked if I would I be

URBAN AREA

interested in catering for the Urban meetings. The idea thrilled me and, of course, my answer was yes.

What are the challenges?

My primary challenges were my own attitude and balancing my other responsibilities which competed for my attention. I had to figure out how to get time off from my full-time job and figure out who could assist me in preparing a meal for a large group. I had some experience as a caterer because my aunt owned a restaurant many years ago and I worked with her. But my responsibilities were different then because I was helping her, not man-

aging the whole thing by myself. At times I would become nervous wondering if I could really do it and balancing the pressures of raising a family and a full-time job.

What have you learned from the experience and what advice do you have for others?

My key take away is this: "If you want to do it, do it!" Sometimes your dreams may seem pretty far out, but your dreams can become reality when you do the work. Take advantage of learning opportunities as this will increase your confidence and prepare you for having a business. Recruit others who support your vision, and be willing to delegate.

What's the best part of catering the community meetings?

It's so rewarding to see everyone arrive with their families, and knowing that I've prepared a good meal for people. Seeing everyone I haven't seen for a while and being able to serve our Elders is definitely rewarding. It's good to be a member of Mille Lacs Band and do something you love for your community.

How much longer do you plan to do this?

As long as we have Urban meetings, I will be there serving good meals and bringing smiles to everyone.

"Sometimes your dreams may seem pretty far out, but your dreams can become reality."

Local Teens Positively Impacted by MAST Experience

Trip Johnson Staff Writer



Pictured (L-R): Melanie Benjamin, Jefferson Keel (President of the National Congress of American Indians), Heather Benjamin, Representative Betty McCollum, and Amber Benjamin.

Among the representatives from the Mille Lacs Band attending the recent MAST Impact Week were Heather Benjamin and her sister Amber – both students at local high schools. The conference, which lasted four days, caused Heather to "change my outlook on my future," adding that she was now quite interested in pursuing tribal relations work, as well as working with various national Native organizations such as NIGA (the National Indian Gaming Association).

Younger sister Amber also enjoyed meeting national leaders, including Representative Betty McCollum, Senator Al Franken, and NIGA Chairman Ernie Stevens. She added that the conference "helped me see more of the world as well as open my eyes and mind" to the many issues facing sovereign tribes.

For more details about the MAST Impact Week, please see Chief Executive Melanie Benjamin's column on page 2.

The next Urban Area Community Meeting will be held at the All Nations Indian Church on Thursday, March 28 at 5:30 p.m.

Continued from page 3

U.S. Supreme Court to rule

too, must receive notice of that action.

“If the tribe had been given notice [of a potential adoption], the family would have been contacted,” Sam said. Were the U.S. Supreme Court to strike down ICWA, Indian Country would feel a severe impact. “This case is unbelievable, not only as an ICWA case but from the standpoint of a man serving his country,” he added. “The system failed him in every way.”

In most cases, ICWA’s strength is the notice requirement that informs all parties about the status of a child or baby, Sam said. Unfortunately, in the South Carolina case, everything that could fall through the cracks did.

Yet the case could have ended with the South Carolina Supreme Court ruling, said Andrew Small. The adoptive couple claimed in their lawsuit that ICWA was unconstitutional because the baby was not removed from an “existing” married Indian couple. The couple who adopted the little girl demanded proof of paternity, which was established.

An administrative plug?

“This case is not worthy of a Supreme Court review,” Andrew said. Remarks from U.S. Supreme Court Justice Antonin Scalia point to potential changes to the law, but Andrew said there is no real indication anywhere as to why the justices decided to review this case. A plausible theory is that the Court had a calendar to fill that was not filled close to the deadline. This case appeared and was added in at the last minute.

What’s the most troubling impact the U.S. Supreme Court could have concerning ICWA? Right now a few state courts in the U.S. deny an Indian child protection under ICWA, even when (1) a “child welfare” proceeding is underway, and (2) the child is American Indian. Those two qualifications trigger application of the ICWA.

Some state courts have said a child was not in an Indian family at the time of removal, which minimizes the child’s tribal membership or eligibility for membership. This is called the Existing Indian Family Doctrine.

If the U.S. Supreme Court finds a rationale to uphold the practice of the few state courts who uphold that view, ICWA would be gutted, Andrew said. Nineteen states oppose the Existing Indian Family Doctrine. Minnesota opposed the Doctrine through a state law.

If the Supreme Court does gut ICWA, where will that leave the Mille Lacs Band? Neither helpless nor indifferent, according to Sam. Indian nations throughout the U.S. will then join to create a new law to protect the future of their children, he said. It will start with a new wave of education, locally and then nationwide.

“We need ICWA,” Sam concluded. “We need to be able to receive notice. We need to be part of the system.”

Public Health Department Update

Linda Moses Home Health Aide for the Mille Lacs Band of Ojibwe Public Health Department and Coordinator of the Circle of Life Plus Outreach Program for the American Cancer Society.

Cancer Prevention Study-3

If you’ve ever known someone with cancer, you know that birthdays are a very significant milestone. There are nearly 13.7 million people in America who have survived cancer who will celebrate birthdays this year. You can join the movement for more birthdays and fight back against cancer by enrolling in a new research study called the Cancer Prevention Study-3. The American Cancer Society’s Epidemiology Research Program is inviting men and women between the ages of 30 and 65 years who have no personal history of cancer to join this historic research study. The ultimate goal is to enroll at least 300,000 adults from various racial/ethnic backgrounds from across the U.S. By joining CPS-3, you can help the American Cancer Society’s research program understand how to prevent cancer. Preventing cancer will save lives and give people more of their most precious resource — more time with their families and friends, more memories, more celebrations.

For more information about the CPS-3 and the selected enrollment locations please email: cps3@cancer.org or call toll free 1-888-604-5888.

Circle of Health Update

MLTC (Mille Lacs Tribal Community): The next open enrollment period is April 1, 2013. Circle of Health will mail out notices to eligible Band members the first week in March. Please remember that the MLTC is not designed to be a lifelong health insurance plan. Once you are employed and have health coverage available it is expected that you sign up for coverage through your employer. You also need to notify Circle of Health of any changes in coverage since we can only pay for one policy. Dawn Chose, Benefits Coordinator for the MLTC needs to be notified, too, so she can end your MLTC coverage on the appropriate date.

Medicare Reimbursements: There are still some Elders who have not submitted their notices from Social Security stating how much their Medicare Part B and Part D premiums are for 2013. If you are new to Medicare and have questions about the reimbursement please call your claims processor for assistance.

First Line Descendants FT School Status: Please remember to submit proof of FT student status each quarter/semester or medical and dental claims will be denied.

All District Elder Meetings: Program director Carol Hernandez will discuss Medicare, Medical Assistance Spenddowns, and Durable Medical Equipment benefits at the following Elder meetings:

March 21: District 2 – ALU
May 16: District 3 – ALU
Meetings start at 11:30 a.m.

It is very important that Band members notify Circle of Health of contact information changes (address/phone). Circle of Health makes every attempt to notify Band members of important changes, especially when it requires action on their part.

Claims Processors:

Robert Lemieux: A–L
Tammy Smith: M–Z
800-491-6106 or 320-676-8214

Child Support Update

Child support checks cannot be picked up early due to the processing time needed to get them ready for timely distribution for all clients.

Photo identification is required to pick up a child support check.

Child support checks cannot be released to anyone other than the custodial parent unless a power of attorney form is on file with the Child Support office.

Those who would like child support checks mailed or held for pickup need to contact the Child Support office to make arrangements.

Clients are encouraged to call the Child Support office to see if a check is waiting before going to the office. Callers should be prepared to verify case specifics to have payment information released.

Clients are encouraged to share updated mailing addresses and phone numbers as soon as possible to eliminate delays in payments from our office.

Office hours are 8 a.m. to 5 p.m. Monday through Friday. For questions or information, call the Child Support office at 320-532-7755.

Community Cleanups

Brian Scheinost Director of Public Works

District I, Vineland – Saturday, April 20th through Friday, April 26th. Hours of operation will be 8:30 a.m. to 4:30 p.m. Monday through Friday, and 9 a.m. to 4 p.m. Saturday and Sunday. All roll-off dumpsters will be located at the Mille Lacs Band Old Transfer Station Site off of U.S. HWY 169.

District II, East Lake, McGregor, Minnewawa, Sandy Lake and Isle – Saturday, May 4th through Friday, May 10th. Note Roll-off locations will be reduced to areas that can be monitored. Hours of operation will be 8:30 a.m. to 4:30 p.m. Monday through Friday, and 9 a.m. to 4 p.m. Saturday and Sunday. Roll-offs will be placed at the East Lake Maintenance facility for District II and Isle Community Center for District II-A.

District III, Lake Lena and Hinckley – Saturday, April 27th to Friday, May 3rd. Note Roll-off locations will be reduced to areas that can be monitored. Hours of operation will be 8:30 a.m. to 4:30 p.m. Monday through Friday, and 9 a.m. to 4 p.m. Saturday and Sunday. Roll-offs will be placed at the following locations: Earthworks building located on HWY 48, 2 miles east of Hinckley Casino, the Maintenance building in Lake Lena across from Aazhoomog Community Center and at the cul de sac at Wise Owl.

Mille Lacs Band Elders will receive free curbside pickup for their community cleanup items. Elders must call the Public Works office at 320-532-7433 by Friday, April 15th, to be placed on the list for pickup. Anyone receiving curbside pickup must have their pile at the end of their driveway

Please contact Public Works at 320-532-7433 if you have any questions or concerns about the 2012 spring cleanup!

TRIBAL NOTEBOARD

Happy March birthdays:

Happy Birthday **Tash** on 3/2 from Rachel, Waylon and Boo.

- Happy Birthday **Adrian** on 3/3 from Rachel, Waylon, Brevin, Kaitin, Andrei, RaySean, Mom, Marcus, Jess, Cici, Lil Marc, Nate, Ant, Mick, Phil, Nade, Char, Pj, Whit, Carter, Val, Kev, Mariah, Jaz, Micheal, and Jayden.
- Happy 4th Birthday **Jayden and Jordan Sayers** on 3/3 from Auntie Barb.
- Happy 21st Birthday **Beige** on 3/5! From Dust and Smuge.
- Happy 21st Birthday **Beige** on 3/5! Love Mom, sister, Jake, and Kinney.
- Happy Birthday **Papa Doug** on 3/7 from Rachel, Chum Lee, Brevin, Mick, Chick, and Oguy.
- Happy Birthday to my beautiful niece **Amanda** on your 7th birthday on 3/7, love Auntie Tina and Uncle Kim and Jordan and Theresa.
- Happy 4th Birthday **Rileh Emme Shomin** on 3/8. We love you Rileh, love Daddy Christopher Boswell, Christa, and Carter.
- Happy Birthday **Rileh Shomin**. Neema and Laila love you. Enjoy your day sweetheart.
- Happy Birthday **Weh eh B Boy** on 3/9 from Rachel.
- Happy Birthday **Terry Smith** on 3/12 with love from Tam, Brandon, Brandi, Elias, TANK, Alizaya, and Rico.
- Happy Birthday **Sami Thomas and Roy (Knute) Sam** on 3/12. Love from your sister Barbara Jo.
- Happy Birthday **CiCi Bugg** on 3/14 from Rachel, Waylon, Brevin, Kaitin, Andrei, Daddy, Mommy, Gram Joyce, Gram Tammy, Kelly, Mandy, Dev, Poose, Milly, Bee, Adrian, and Gram Chick.
- Happy Birthday **Kelly Jo** on 3/14. Love from

- your Cousin Barbara Jo.
- Happy Birthday **Kali** on 3/15 from Rachel, Waylon, Boo, Deanna, and Cilla.
- Happy Birthday **Marcus Jr.** on 3/16 from Rachel, Waylon, Brevin, Kaitin, Andrei, Daddy, Mommy, Gram Joyce, Gram Tammy, Kelly, Mandy, Dev, Poose, Milly, Bee, Adrian, and Gram Chick.
- Happy Birthday **Jayla** on 3/18 from Rachel, Waylon, and Boo, Daddy, Randi, Brad, Val, Jay, Daddy, Eric, Wes, Payton, Brynley, and Papa Brad.
- Happy Birthday **Bruce** on 3/19 from Rachel, Waylon, Boo, Clayton, Randi, Brad, Val, Jay, Dad, Jayla, and Lilz.
- Happy 8th Birthday **Craig** on 3/20. We hope your day is as awesome as you are! Love Mom, Dad, Jordan, and Michaela.
- Happy Birthday **Marcus Sr.** on 3/21 from Rachel, Waylon, Boo, Mom, Adrian, Nate, Kaitlin, Andrei, Ant, Jess, Cici, Poose, Dev, Gram Joyce, Gram Tammy, Kelly, Mandy, Millz, Bee, Mick, Phil, Nade, Char, Pj, Whit, Val, Kev, and Mariah.
- Happy Birthday **Anessa Hicks** on 3/21! Love from Mom, Dad, and sister.
- Happy Birthday **Gushy** on 3/22 with love from Tam, Brandon, Brandi, Elias, TANK, Alizaya, and Rico.
- Happy Birthday **Waylon** on 3/23 from Rachel, Boo, Deanna, Don, Mary, Clayton, Christina, Stacy, Cilla, Marissa, Lisa, Josie, Laney, Nig, Marsha, Adrian, Marcus, Kate, Drel, RaySean, Cici, Poose, Kelly, Tammy, Bruce, Val, Brad, Jay, Pickle, Kev, Mariah, Mick, Phil, Nade, Blake, Char, Pj, Whit, Carter, Delores, Larry, Craig, Arielle, and Nick.
- Happy 14th Birthday **Marlow Joseph Davis** on 3/23, love your Weh Eh Neema, Laila,

- Rei Rei, Lil Ricki, Grandma Frances, Dad, Phat Sister, Antwaun, Shannon, Quada, Mavis, Joe, Lil sis Franny, Simon, "G", Snooks, Uncle Tippy, MIng MIng, and Aunty Diamond & Bruno. Have an awesome day!
- Happy Birthday **Brandi Sam** on 3/29 from Tammy and family.
- Happy Birthday **Desi Smith** on 3/29 with love from Auntie Tam, Brandon, Brandi, Elias, TANK, Alizaya, and Rico.
- Happy Birthday **Beverly Garbow** on 3/30 with love from your lil sister, Brandon, Brandi, Elias, TANK, Alizaya, and Rico.
- Happy 75th Birthday **Gram Pauline Moose** on 3/30 from all your grandkids and great grandkids.
- Happy Birthday **Sharon (Sissy Poo) Sam** on 3/31. Love from Auntie Barb.
- Happy Birthday **Wyndessa Davis**, love from your Grandma Frances, Aunty Neema, and Laila Marie.
- Happy Birthday **Wyndessa Davis**. Love you babygurl. Love Daddy, Marlow, Franny, Sean John, Phat Sister, Rei Rei, and Lil Ricki.
- Happy Birthday **Mary**! Love, your favorite Poke-man.
- Happy Birthday **Tawnya Stewart**. Enjoy your day. Love, Toya, Dawne, Brittany, Jessica, Blake and Dallas.

Happy March birthday to Mille Lacs Band Elders!

Ramona Anne Applegate
Debra Rose Barge
Nancy Mae Bearheart
Cynthia Eileen Beaulieu
Marie Ann Bengtson
Larry Benjamin
Laurie Marie Benjamin
Randy Elmer Benjamin
Robert Patrick Benjamin

Patricia Lorayne
Christofferson
Curtis Anthony Cody
James Joseph Dorr
Robert Allen Dorr
Mary Flores
Terry Duane Frye
Beverly Diane Garbow
Cheryl Darlene Garbow
Virginia Ann Goodman
Marie Jane Gudim
Kathleen June Hill
Leslie Roger Karsjens
Sandra Arlene Kegg
Barbara Jane LaBlanc
Lorelei Lee LaFave
Mert Elaine Liebgott
Wanda Kay Misquadace
Pauline Moose
Victoria Marie Nichols
Larry Laine Oswaldson
Marie Esther Paschke
Marlene Ruth Poukka
George Wilbur Premo
Douglas Sam
Fred L. Sam
Kathryn Mary Sam
Roy Duane Sam
Francis Dean Schaaf
Susanna Lee Schaaf
Russell Shabaiaash
Edward Skinaway, Jr.
Merle Lee Skinaway, Jr.
David Smith, Jr.
Terrance Lee Smith
Gloria Ann Starkey
Sharon Lee Sutton
Sami Thomas
Robert Tibbetts, Jr.
Carol Ann Towle
Marlene Wakanabo
Barbara Marie White

Happy belated birthdays:

- Happy Belated Birthday to **Mom** from your daughter Tina and son in law Kim Peet.
- Happy Belated Birthday to my grandson **Tristan** on his 5th birthday from Grandma Tina and Grandpa.
- Happy Belated Birthday from Auntie Tina and Uncle Kim

to my wonderful nephew **Adam**, who turned 5 on Valentine's day!

Other Announcements:

I would like to acknowledge an exceptional employee—Robert Mitchell. Robert goes above and beyond his work duties by getting me to dialysis three times a week in Princeton. No matter what the weather is like or if it is a Band holiday, Robert gets me to my appointments on time every time. I can always trust that if he is my driver he will be there to take me. Thank you for having such an exceptional HHS Public Health Transportation employee. — *A Mille Lacs Band Elder*

• In Memory of **Roger Allen Boswell**, whose Birthday would have been on March 24th. From my memories, you have been a source of strength, for all those years and even now. Although, in your presence, life would have followed a different path. Each day would be full of life, with lots of love and new beginnings. You are the greatest gift from God, I just feel blessed to be your daughter. I thank God for giving me a father like you, I will miss you and feel your presence always. Love you dad and we miss you. Kateri Boswell, Wanda Boswell, Vincent Merrill, Janice Saice, and Joni Boyd.

Submit Birthday Announcements

Send name, birthday and a brief message that is **20 WORDS OR LESS** to Andy McPartland at andy@redcircleagency.com or call 612-372-4612.

The deadline for the April issue is March 15th.

MARCH CALENDAR

- 8

Hand Drum Contest
Friday, March 8 at 6 p.m.
Grand Casino Hinckley

Onsite registration is from 4 p.m.–5:30 p.m.
Pre-register by calling [320-532-7486](tel:320-532-7486).

Each singer must lead. \$69 special room rate available. No alcohol; will be disqualified. Sponsored by the Chief Executive Office.

Lunch Sale and Raffle
Friday, March 8 from 11:30 a.m.–1:30 p.m.
District I ALU

Cost: \$8; Elders/Disabled eat FREE
- 9
10

Beaded Medallion Workshop
Saturday, March 9 from 10 a.m.–4 p.m. and
Sunday, March 10 from 10 a.m.–2 p.m.
Mille Lacs Indian Museum

Fee: \$65 or \$60 for MHS members, plus \$15 supply free for all. Reservations required, call [320-532-3632](tel:320-532-3632).
- 16

No Sew Fleece Blanket-Tie Baby Blankets: Saturday Class
Saturday, March 16 from 11 a.m.–2 p.m.
Urban Office

A light lunch and refreshments will be served. Door prize drawings for participants. Class size is limited, so please R.S.V.P. to the Urban Office at [612-872-1424](tel:612-872-1424) by March 13.
- 20

District III Community Meeting
Wednesday, March 20 at 5:30 p.m.
Grand Casino Hinckley

- 22

Treaty Rights Celebration
Friday, March 22 from 12 p.m.–5 p.m.
Grand Casino Mille Lacs Convention Center
- 23

Maple Syrup Harvest Workshop
Saturday, March 23 from 12 p.m.–3 p.m.
Mille Lacs Indian Museum

Fee: \$10 or \$7 for MHS members. Reservations recommended, call [320-532-3632](tel:320-532-3632).
- 25

DI Community Meeting
Monday, March 25 at 5:30 p.m.
DI Community Center
- 26

DI Sobriety Feast
Tuesday, March 26 at 5:30 p.m.
DI Community Center
- 27

DII-A Community Meeting
Wednesday, March 27 at 5:30 p.m.
Chiminsing Community Center
- 28

DII Community Meeting
Thursday, March 28 at 5 p.m.
East Lake Community Center

DII-A Sobriety Feast
Thursday, March 28 at 5:30 p.m.
Chiminsing Community Center

Urban Area Community Meeting
Thursday, March 28 at 5:30 p.m.
All Nations Indian Church
- 30

U of M Spring Powwow
Saturday, March 30
Great Hall of Coffman Memorial Union

Grand entries: 1 p.m. and 7 p.m. Feast: 5 p.m.

For more information, contact Janelle White at whit1432@umn.edu or AM Indian Student Cultural Center at [612-624-0243](tel:612-624-0243).



Join us for our annual Mille Lacs Band of Ojibwe Indian's

TREATY RIGHTS CELEBRATION

Friday, March 22, 2013

Invocation at Noon

Lunch served at 12:30 pm

Grand Casino Mille Lacs Convention Center

Don't forget your camera or cell-phone for the

Digital Scavenger Hunt!

(3 different age groups, including adults)

4 different games for the kids to participate in with prizes!

Drawings for both children and adults!

Vendors and information booths on our Treaty Rights!

Hosted by the MLB's Department of Natural Resources and Environment

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MILLE LACS BAND OF OJIBWE
43408 Oodena Drive
Onamia, MN 56359
millelacsband.com



Heating, Water, and Maintenance Problems?

During normal business hours, tenants in Band rentals and Elders living within the service area should call

800-709-6445, ext. 7433, for work orders.

After business hours, tenants with maintenance emergencies should call 866-822-8538 and press 1, 2, or 3 for their respective district.

A young child with curly hair is looking over a wooden railing. The background is dark and textured, possibly a wall or a large piece of wood.

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

APRIL 2013 | VOLUME 15 | NUMBER 4

SIX INDUCTED INTO NATIONAL
JUNIOR HONOR SOCIETY

FINDING A JOB IN TODAY'S
MARKET REQUIRES MORE EFFORT

HISTORICAL TRAUMA TRAINING
CHANGES MINDS AND
HEARTS IN AITKIN COUNTY

BAND EMPLOYEES JOIN EFFORT TO RAISE
AWARENESS OF POWWOW FOR HOPE

TREATY RIGHTS
CELEBRATION

PAGE 4

MESSAGE FROM THE CHIEF EXECUTIVE



MELANIE
BENJAMIN
CHIEF EXECUTIVE

We have had another month filled with activities and progress. Consider these few examples: the formal announcement of our hotel purchases, conversations with the U.S. Attorney General on tribal justice, an event with Mille Lacs Band student scholars, and the Hand Drum contest.

First, as many of you know, the Band closed on the purchase of two downtown St. Paul hotels, the Crowne Plaza Riverfront and the DoubleTree by Hilton. We made the formal announcement on March 11 at the Crowne Plaza, complete with an invocation and ceremonial drum. My three grandchildren, who don't have school on Mondays, came along and they were so impressed!

The whole morning was surreal. There we sat, representing the people of the Mille Lacs Band in a property now owned by the Corporate Commission and the Mille Lacs Band.

Our status as business leaders took a big step forward that day. The months and years ahead will bring much opportunity and enrichment. Just as important, we'll be recognized as a people who can expand successfully into a mainstream business as good citizens and entrepreneurs. It was quite a morning and I will never forget it.

On a more sobering note, we met with U.S. Attorney General Eric Holder in Washington D.C. in late February at the Tribal Nations Leadership Council. The Council,

made up of 12 tribal leaders, meets twice a year and coordinates efforts between the U.S. Department of Justice and tribal governments.

We discussed a wide variety of concerns in Indian Country, from the future of the Indian Child and Welfare Act to reservation law enforcement, the FBI justice programs, initiatives to decrease violence against women, and more. I brought up gang violence and its negative impact on our communities. We also discussed budgets, a subject on everyone's mind these days. One of our goals is to educate state officials throughout the country on the legal status that tribes inherently possess.

The two days of discussion were serious in nature, but I found Attorney General Holder to be friendly. He even joked with us.

A much different audience showed up for the National Honors Society Banquet at Nay Ah Shing High School – an audience of proud family members and our young scholars. The banquet was held in mid-March, and I am always so happy to attend these events that showcase our young people.

It was an honor to address the group. I talked about success and failure, the need to pick yourself up at times and move on to even better things. I reminded the students that hundreds of years ago, our people crossed Canada, followed the St. Lawrence River and the Great Lakes and came to this place now called Minnesota. Our ancestors survived a thousand winters by being tough, smart and courageous. I reminded our students that they have the blood of heroes in their veins. They are the great grandchildren of noble, honorable people! It was an evening of pride and joy.

Finally, the first Hand Drum Contest was a blast! We heard lots of great singing and watched excellent round dancing. Congratulations to all the winners. Everyone asked that this be done on an annual basis. That sounds like a terrific idea.

How nice to see the days grow longer after a winter that seemed long this year. I wish a happy spring to all.

Melanie Benjamin



District III Representative Diane Gibbs, Roxanne Emerson, Clayton Benjamin, Jr., Aubrey Benjamin, and Chief Executive Melanie Benjamin at the St. Paul Hotel press conference.



Pictured (L-R): Guadalupe Wahlstrom (Social Development Specialist), Candace Killspotted, Aaron Bucknaaga, Noel Kegg, and Phillip Sam (Director of the Boys and Girls Club).

Local Students Attend Native Youth Event in St. Paul

Andy McPartland Staff Writer

Three teenage Band members recently spent two days in St. Paul at the Native Youth Council Conference, receiving a first-hand glimpse into the inner workings of Minnesota state government.

Aaron Bucknaaga, Noel Kegg, and Candace Killspotted, members of the Native Youth Alliance of Minnesota, spent March 12 and 13 at the St. Paul Capitol. The objective of the event was to build relationships with other students while learning about state policy and the govern-

ment-to-government relationships between Minnesota and Native American tribes.

Also on the agenda were meetings with State Senators and Representatives from each student’s district. Aaron, 18, was excited for the afternoon ahead.

“I can’t wait to meet the representatives,” he said. “I just hope all the youth that came today get to have their voices heard.”


Chaperones for the trip were Phillip Sam, Director of

the Boys and Girls Club, and Guadalupe Wahlstrom, Social Development Specialist.

Phillip mentioned that the trip, which included a visit with Director of Government Affairs Jamie Edwards, was very beneficial for the students.

“It makes them feel like they matter,” Phillip explained.

“To be here for a purpose, to rally with other youths – not just Native youth, but from the whole state – is very important.”



Child Abuse Prevention March Government Center to Community Center

Thursday, April 25, 2013 at 5:15 p.m.

At the Government Center: 43408 Oodena Drive, Onamia 56359

Please join Mille Lacs Band Family Services in a walk from the Government Center to the Community Center to help spread awareness and help prevent child abuse. After the walk (rain or shine), enjoy a picnic style dinner of sloppy joes, hot dogs, potato salad, cole slaw, beans and Rice Krispie bars. There will also be blow up games for the kids.

Spectacular door prizes for our kids: Little Tikes 3-in-1 Trike for the new-born to 2 years old; a tricycle for 3-4 years old; a 16” rocket bike with detachable training wheels for the 5-9 years old; and a female 26” mountain bike and a male 26” mountain bike for the 10-17 years old. Five \$50 Business Cards for the adults.

On March 22, nearly 600 community members gathered for the annual Treaty Rights Celebration at the Grand Casino Mille Lacs Convention Center.

Sponsored by the Department of Natural Resources and Environment (DNR/E), the event marked the historic U.S. Supreme Court ruling that affirmed treaty rights of the Mille Lacs Band through the Treaty of 1837.

The celebration was a great way for people to come together to have a meal, discuss natural resourcing harvesting, and celebrate the local community offerings.

DNR/E employees helped with informational booths for Band members about treaty fishing, berry harvesting, sugar bushing, ricing, and licensing. Booths offered strawberry plants, rice, maple syrup, nets, and resources for the Elder food bank.

Other vendors included Eddie's Launch Service, H. Christiansen Nets, US Fish and Wildlife, the Great Lakes Indian Fish & Wildlife Commission, and a healthy food display.

The event began with an invocation by Joe Nayquonabe Sr. and an honor song by the Nay Ah Shing Singers. Door prizes included gift cards, nets, and a digital scavenger hunt.

A fun day for the whole family, the Treaty Rights Celebration was definitely a success. Thanks to all that contributed to a great day. See you next year!

TREATY RIGHTS CELEBRATION

Andy McPartland Staff Writer

Tiffany Bolk Photographer



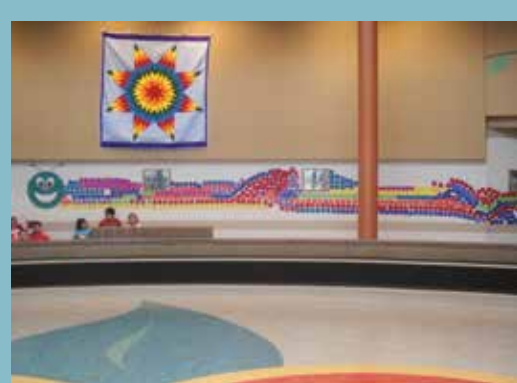
The event marked the historic U.S. Supreme Court ruling that affirmed treaty rights of the Mille Lacs Band.





Wewinabi Early Education

The Wewinabi Early Education program successfully celebrated February's "I Love to Read" month by reading 1,280 books! The children documented their progress by creating a caterpillar made out of circles, where each circle represented a book.



DI March Community Meeting Report

The next District 1 Community Meeting will be held on Monday, April 29 at 5:30 p.m. at the DI Community Center.



Winners of the Cupcake Contest.



Pictured, L-R: Ronni Jourdain, Jennie Mitchell (in pink), Shaina White, Megan Saboo, Dajatay Barnes, and Tierra Day



Mary Simon, Nay Ah Shing High School Principal, addressing the inductees.



Melanie Benjamin addressing the inductees and their guests.

Six Inducted into Nay Ah Shing Chapter of the National Junior Honor Society

Andy McPartland Staff Writer **Ren'e Athman** Photographer

The nights spent finishing homework and studying for tests paid off on March 14, as six students were inducted into the Nay Ah Shing Chapter of the National Junior Honor Society.

In a ceremony featuring speeches by Chief Executive Melanie Benjamin and Principal Mary Simon, six young women were acknowledged for their academic success: Dajatay Barnes, Tierra Day, Ronni Jourdain, Jennie Mitchell, Megan Saboo, and Shaina White. Congratulations!

Finding a Job in Today's Market Requires More Effort than Ever Before

Tawnya Stewart Guest Columnist

In the not-so-distant past, finding a job was a matter of showing up at a business and requesting a job application. Today's job searches can require that technique and more. The market is more competitive than it has ever been, and potential candidates must make an extra effort to outshine other applicants.

It can be a full-time job looking for a job, so I'd like to offer a few tips to help you get started. First of all, think about what type of position fits your skills, passion and personality. Second, focus your search on specific companies or specific jobs that interest you, rather than pursuing every opportunity you see.

Resume

Create a resume that builds your personal brand and tells your story. If you are unsure how to get started, use an online template. Once you have created a resume, have a friend or colleague provide constructive feedback before sending it out. This is the first thing a recruiter or an employer will see and you want it to stand out. Recruiters spend very little time on resumes, so make sure your resume represents your brand.

Companies

Focus your job search by making a list of the three to five businesses or companies you would like to work for. Research each of them to learn key information about them that you can use during interviews or conversations with key players. Visit the companies' career sites when you can do things like:

- Create a career profile
- Apply for openings
- Set up alerts for the website to send you alerts about new openings.

Networking

Make a list of people you know who are employed by the companies where you want to work. If you can, set up time to meet in person over coffee or lunch. By connecting with your network you will continue to build helpful relationships. Most people will get an interview based on a personal recommendation.

In addition, provide details about what type of position(s) you have applied for and ask if they know someone



on the inside may be able to help you. Make sure you follow up with a call or email afterwards. Following

up is key to the relationship.

Use social networking to connect and find out about opportunities. Let people know you are in the market for a new position.

Other things to do during a job search:

- Create a LinkedIn profile. Try to connect with everyone you know from the companies where you want to work. This professional networking site can be invaluable in finding a job, or employees.
- Attend career fairs and seek out the companies that interest you.
- Volunteer at the company to learn more about the role and company.
- Conduct informational interviews with employees or people in your field of interest. This will allow you to learn about the culture and other facts you wouldn't likely ask in an interview.
- Be open and talk about your job search when you meet new people as you never know who they may know.
- Use aggregator job boards like Indeed.com/jobs versus placing your resume on numerous boards.
- Prepare by participating in mock interviews.
- Always follow up with an email or phone call.

Remember, you have to make the extra effort to gain access into companies. It's not enough to simply apply on line and hope for a call. Be consistent in your approach when job searching. Most people get jobs based on people they know and using their networks.

Lastly, keep in mind what Confucius said: "Choose a job you love, and you will never have to work a day in your life."

Tawnya Stewart is a Mille Lacs Band member. She has been a human resources professional for nearly two decades. She has worked for international companies including Accenture, Aramark, and BP during her career. She has held leadership positions in HR and Recruiting. Tawnya has a master's degree in Human Resources from Loyola University Chicago and bachelor of science from the University of Minnesota. For questions or more information contact tawnya_m_stewart@msn.com

Social Security Administration Delayed in Processing of New Disability Claims

Deborah Locke Staff Writer

A March letter to tribes from the Social Security Administration reported that due to uncertainty about the federal budget, services from SSA will be delayed. Carolyn Colvin, acting commissioner, wrote that due to the failure of Congress to reach a deal on balanced deficit reduction, applicants for disability claims will wait about two weeks longer for a decision on an initial disability claim and a month longer for a disability hearing decision.

It's expected that the delay will cause a backlog of more than 140,000 claims. The letter said that SSA was taking steps to lessen the effect of the cuts: "We will try to prioritize our reductions to avoid furloughs that would further harm services and program integrity efforts; however, the possibility of furloughs remains uncertain at this time."

On March 1, the President was required by law to issue a sequestration order canceling approximately \$85 billion in budgetary resources across the federal government for the remainder of the fiscal year.

Mille Lacs Early Education Recruitment

Mille Lacs Early Education is recruiting to update the Waiting List for the 2013-2014 school year. Applications need to be updated if your child is currently on the waiting list. Children with disabilities and expectant mothers are encouraged to complete an application.

Early Head Start (September-July): for children 6 weeks to age 3, Monday – Thursday, 8 a.m. – 3 p.m.

Head Start (September-May): for children ages 3-5 years old, Monday – Thursday, 8 a.m. – 3 p.m.

Applications can be requested by phone, email or picked up at the Wewinabi Building at 43648 Virgo Road.

Contact Gaylene if you have further questions or need an application: 320-532-7590, ext. 4408

New Child Enrollments for the 2013-2014 school year are done over the summer, so please get applications completed soon.

DIII March Community Meeting Report

The District III March Community Meeting was held on Wednesday, March 20, at Grand Casino Hinckley

The next District III Community Meeting will be held at Grand Casino Hinckley Ballroom at 5:30 p.m. on Wednesday, April 17.



District III Representative Diane Gibbs.



Pine County Sheriff Robin Cole and Dwight Reed, Chief of Police for Mille Lacs Band.

Interested in submitting to the *Inaajimowin*?

The deadline for the May issue is April 15th.

Send your submissions and birthday announcements to Andy McPartland at andy@redcircleagency.com or call 612-372-4612.

FINDING A PLACE OF HOPE

Historical Trauma Training Changes Minds and Hearts in Aitkin County

Deborah Locke Staff Writer

For decades, boarding school staff in Minnesota removed American Indian children from their homes in order to “civilize” them. Nearly everyone reading this knows an auntie, uncle or grandparent who attended boarding school. Maybe it happened to you.

Today American Indian youth disappear from their families in different ways: through suicide, jail sentences, alcoholism, drug use and car crashes.

Is there a connection between the efforts to break up families via boarding schools and the hopelessness felt today by many American Indian youth and adults?

Some answer with a definitive “yes.” It’s called “historical trauma,” and was first acknowledged by name in the early 1980s. What it means is that the damage done to an older generation of American Indians who were stripped of their heritage, of who they were, is still felt by their children and grandchildren today. The unresolved grief somersaults from generation to generation.

Starting in 2010, the Mille Lacs Band Family Violence Prevention Program partnered with law enforcement, judicial, jail, and child protection employees in Pine, Aitkin and Mille Lacs counties to introduce historical trauma and its impact on today’s Ojibwe.

Sharyl Whitehawk, an Ojibwe independent contractor, conducts the training. She’s enrolled at the Lac Courte Oreilles Reservation in Wisconsin and lives in Rice Lake, Wis. The training is paid with a 2009 federal Office of Violence Against Women (OVW) grant received by the Mille Lacs Band. Counties pay the hourly wages of employees who take the training.

Aitkin County

The first training on the impact of historical trauma with the Aitkin County Sheriff’s Department took place in September 2012, said Heidi Fairchild, Criminal Justice Intervention Coordinator with the Mille Lacs Band Family Violence Prevention Program. Some of the 21 participants were reluctant to be there. By the end, many were moved to tears by what they learned from Sharyl.

“I wanted to get them to understand that there are deep wounds in the Native communities we work in,” Heidi said.

In March 2013 Sharyl met with a second group of staff from the Aitkin County Sheriff’s Department, County Attorney’s office, and Human Services.

“That was the toughest session,” Sharyl said. “They needed to understand why they saw what they saw. Some [of the 15 participants] were receptive and cared about the community. Others were hardened and thought nothing would work. They did care, but felt defeated. By the end, they operated from a place of hope.”

Every time Sharyl addresses non-Indians about historical trauma, audience members have the same reaction: they had no idea of the devastating impact of boarding schools on American Indian communities.

Word of that impact on participants gets back to Heidi. “Sharyl’s training opens eyes,” Heidi said. By the end of the training period, members of a sheriff’s department professed a commitment to further understand American Indians. Many wanted to learn more about the culture and history in general.

While it is true that some Indians recovered from their years in boarding school to relearn their language, religion and customs, many did not. They relive the grief passed down through generations. How can this pattern be reversed?

“The first step is to look at the source of the problem,” Heidi explained. She said it’s important to separate the byproducts of historical trauma (violence, depression or chemical dependence) from the foundation. Violence and chemical dependence are not Ojibwe traditions,

yet hundreds of families struggle with both, passing along the behaviors to a younger generation.

Breaking the silence

A contributing factor to historical trauma is a lesson first learned at boarding school: do not talk or tell. Children who were physically or sexually abused in boarding school were warned to keep silent. The lesson carried forward. Today many American **Continued on page 16**

“I wanted to get them to understand that there are deep wounds in the Native communities we work in.”

When asked to participate in the American Indian Cancer Foundation's Powwow for Hope for a second year, Band employees in the urban office were quick to sign on.

"The reason I wanted to do this is because we're helping our American Indian Community," said Barb Benjamin Robertson, Program Administrator of the urban office.

"American Indians are affected by cancer at a higher rate than others and so by helping the American Indian Cancer Foundation we are helping those who are dealing

access to prevention, early detection, treatment and survivor support. In 2012, there were over 2,000 participants. All donations from this event support cancer education and services for American Indian and Alaska Native people.

For its part, the urban team, "Misi-zaaga'iganing chi-oodena Memengwaag," is gearing up to get community members involved through a few different ways including donating or participating in a silent auction that is being held in the urban office, seeking financial donations, and asking people to support the actual event. In English, the team name translates to "Mille Lacs Band of Ojibwe Big City Butterflies."

"We will each donate \$10 and we're asking other people to donate \$10 or whatever they can," said Barb. "Or they can donate something for the silent auction. Our team's goal is to raise \$2,500 this year."

Band Employees Join Effort to Raise Awareness of Powwow for Hope

Toya Stewart Downey Staff Writer

or living with cancer in a positive, culturally appropriate way. This is to help support education and resources, for cancer survivors and caregivers, and honor loved ones that have passed into the spirit world from cancer," Barb added.

This is the second year for the event, which is the organization's largest community event and fundraiser. It will be held from 11 a.m. to 9 p.m. on Saturday, May 4, at the Midtown YWCA, 2121 East Lake St. in Minneapolis. The organization's mission is to reduce cancer and its impact on American Indian families through education, improved

They are also selling "Powwow for Hope" bracelets and t-shirts on behalf of the American Indian Cancer Foundation.

Alberta Loso, the officer manager for the Band's Department of Labor, said she got involved because she wanted to help raise community awareness about the disease and its impact on the American Indian community.

"Cancer is one of the leading causes of death in our community so I wanted to be a part of this effort so I could help promote it and raise awareness," Alberta said.

The urban team leader, Natosha White, said she knows first-hand how difficult a cancer diagnosis can be for a family. Her uncle was recently diagnosed with cancer and it has taken a toll on her whole family.

"I believe in this cause and I believe in what we are doing to promote the event and raise awareness about how devastating a cancer diagnosis can be," said Natosha, who works as an intake specialist for the Department of Labor. "This is a good way to give back to the community."

"I hope others will feel the same way and find a way to participate because it's a really good and worthy cause to support," she said.

To make a donation to the team's efforts, please visit: www.givemn.razoo.com/story/Misizaagaiganii-Chi-Oodena-Mememwaag

Powwow for Hope: Dancing for Life, Love & Hope

Saturday, May 4, 2013

11 a.m. – 9 p.m.

YWCA – Midtown

2121 East Lake Street, Minneapolis



Wanted: Youth Powwow Dancers

Be a contestant at the 47th Annual Mille Lacs Band Traditional Powwow Royalty Contest

Do you love to dance at powwows? Would you like to be a role model for other youth?

Held August 16-18, 2013

Must be:

- 6-18 years of age
- Mille Lacs Band member, or
- Direct descendant of a Mille Lacs Band member

Jr. Brave & Jr. Princess - 6-12 years of age

Sr. Brave & Sr. Princess - 13-18 years of age

Deadline to sign up is August 2, 2013, but we recommend that you sign up early so you have plenty of time to complete your required tasks for your points.

For more information and application packets contact LeAnn Benjamin at 320-532-7595, or e-mail: LeAnn.Benjamin@millelacsband.com or Chasity Gahbow at 320-532-4742, e-mail: Chasity.Gahbow@millelacsband.com

The next Urban Area Community Meeting will be held at the All Nations Indian Church at 5:30 p.m. on Thursday, April 25.



The organization's mission is to reduce cancer and its impact on American Indian families.



EDITORIAL

Welcome to Downtown St. Paul, Mille Lacs Band

On the way to diversifying its investments beyond gaming, the Mille Lacs Band of Ojibwe has made St. Paul its first stop.

We're glad they're here.

The band now owns nearly half of St. Paul's downtown hotel rooms, with acquisition last week of the Crowne Plaza on Kellogg Boulevard and the DoubleTree by Hilton on Minnesota Street.

The investment-strategy focus on hospitality ventures allows the band — proprietor of Grand Casino Mille Lacs and Grand Casino Hinckley and affiliated hotels for more than 20 years — to do “what we do well,” its commissioner of corporate affairs, Joseph Nayquonabe Jr., told us. He outlined plans for both short- and long-term improvements to the properties, which together have more than 720 guest rooms.

The conversation also shed some light on what St. Paul does well, and what might make it better.

The city “knows the value of a big event,” Nayquonabe told us, with its success drawing crowds for big-name concerts, NHL games, state tournaments and the like.

But hometown folks need more reasons to come downtown on a daily basis — or stay after work — with “options for a night out on the town in St. Paul.”

To draw them downtown — making the properties a destination for locals — the band plans new food and beverage options at each location. At the DoubleTree, a new street entrance off of Minnesota Street will be more welcoming and accessible than the current entrance, via a parking garage.

Longer-term efforts will involve decisions about franchise agreements and “rebranding” at the Crowne Plaza, and investments that will “literally transform the property.”

The properties have become “a bit tired” in recent years.

They'll get some TLC, Nayquonabe said, with spending on renovations that will begin right away. “We're long-term investors. That's what the properties need,” he said.

The 22-story Crowne Plaza was built in 1965, when the late Pioneer Press Publisher B.H. Ridder Jr. helped bring the hotel — first a Hilton, later a Radisson — to town. The DoubleTree building, once the Holiday Inn Town Square, opened as the Radisson Plaza in 1980.

The Mille Lacs Band has hired Graves Hospitality Corp., the Minnesota-based luxury hotel company founded by Jim Graves, to manage both sites. Casino operations aren't among the plans.

“We believe St. Paul has a lot of potential for growth in the near future, and by acquiring and improving these hotels we are well positioned to be a part of that growth story,” Nayquonabe said.

He cites downtown momentum, including the Lower-town ballpark, arrival of light-rail transit on the Central Corridor and the Penfield apartment/Lunds grocery project.

The hotel acquisition comes after word earlier this month that developer Jim Stolpestad has signed a purchase agreement for the 17-story central post office building, with a plan for at least 250 units of market-rate apartments — more welcome news, especially with the closing this week of Macy's downtown store.

From here, the band's objectives include acquisitions in major hospitality markets across the nation. But it made sense to start at home. “We know the area; we know the people,” Nayquonabe said.

Their slogan — “the Mille Lacs Band of Ojibwe welcomes you” — has a familiar ring. It will be good to hear it here, too.

This editorial appeared in the St. Paul Pioneer Press on March 12, 2013. It is reprinted here with permission.



Pete Nayquonabe, Commissioner of Administration and Sara Rice, Deputy Assistant to the Chief Executive



Joe Nayquonabe, Commissioner of Corporate Affairs



Melanie Benjamin addresses the crowd at the St. Paul Hotel press conference.



Dave Matrouis, Interim Building Coordinator for Pine Grove Leadership Academy and Jim Graves, CEO of Graves Hospitality



Katie Draper, Government Affairs Coordinator and Jenelle Kingbird Administrative, Assistant to District 3 Representative Diane Gibbs



Joe Nayquonabe, Sr., Band Elder and Chemical Dependency Counselor

Band Closes on Purchase of Two St. Paul Hotels

Deborah Locke Staff Writer

It's official. On March 11, 2013 in an Ojibwe-style ceremony, the Mille Lacs Band of Ojibwe celebrated its purchase of two hotels in St. Paul.

Closings on the sale of the Crowne Plaza (11 Kellogg Blvd. E.) and DoubleTree by Hilton (411 Minnesota St.) took place on March 7. The celebration that included a drum group and speeches by MLB officials and St. Paul business leaders took place at the Crowne Plaza Hotel.

The Crowne Plaza and DoubleTree will be managed by Minneapolis-based Graves Hospitality.

The purchase gives the Band an opportunity to build on its established success with hotel ownership. The Band already owns five hotels: Grand Casino Mille Lacs, Eddy's Lake Mille Lacs Resort, Grand Casino Hinckley, Grand Hinckley Inn and Grand Northern Inn (all in Hinckley).

The proven track record with the hotel industry makes the investment purchase logical. Renovations to the buildings will take about two years; the Crowne Plaza was built in 1965. The DoubleTree will have a new street-level entry on Minnesota Avenue, and a restaurant on its first floor.

In her comments at the ceremony, Chief Executive Melanie Benjamin said that the purchase allowed the Band a chance to diversify its revenue with a business not related to gaming. The urban hotel purchases may be the start of a larger national expansion by MLB into the hospitality industry. There are no plans to include gaming activities at the hotels.

The Crowne Plaza Hotel has 468 rooms, and the DoubleTree has 251 rooms.

In news reports, Benjamin Graves, president of Graves Hospitality, said that occupancy rates in St. Paul have been more stable than in comparable markets, which makes the hotel purchase attractive. In addition, the completion of both the Central Corridor light rail line and the St. Paul Saints stadium will bring people into the city.

Hand Drum Contest Makes Splash in First Year

Andy McPartland Staff Writer **Tiffany Bolk** Photographer

The first Hand Drum Contest, sponsored by the Chief Executive Office, started out with a bang – plenty of them.

Hosted at Grand Casino Hinckley on March 8, the contest featured groups of talented singers and dancers showcasing their skills for cash prizes. The event is an important way to celebrate Ojibwe traditions and heritage, and the participants did not disappoint.

Congratulations to all of the winners!

Youth division:

- 1st Place: “Hay Creek”
- 2nd Place: Scott Matrious, Band member

Adult division:

- 1st Place: “Red Creek”
- 2nd Place: “Ajidamoo Tracks”
- 3rd Place: “Royal Flush”
- 4th Place: “Gentlemen’s Club”





Reducing Presence of Mold in Your Home: Part 2

Charles J. Lippert Air Quality Technician

Courtesy of Mille Lacs Band Department of Natural Resources and Environment, Environmental Office in cooperation with Mille Lacs Band Department of Health and Human Services, Public Health Office.

Reducing the presence of mold in your home is a year-round effort. When your home is closed off during the winter, reduction efforts become difficult and often unsuccessful, leaving occupants to face a large mold colony. In this second installment of a three-part series, we focus on steps to prevent the presence of mold in your home.

Any excess water in your home means a water source for mold. Taking away mold's water is essential to controlling the growth of mold. Here are some steps you can take.

Ensure rain water and ground water are diverted away from your home. Most commonly due to a failed gutter or clogged drain tile, any excess water not properly diverted away from your home can leak into your base-



Don't over humidify your home. Humidity that is too high will encourage mold colony growth.

ment. Failed drainage systems can create a low point near the foundation that retains water longer, wetting your basement more. If roof shingles, flashing or siding fail, or even if the caulking for wall and roof penetrations fails, water can enter your home. By ensuring your home is dry, you can ensure mold colonies are deprived of water they need to grow.

Don't over humidify your home. Homes can be humidified through many ways, including cooking, washing, bathing, breathing and cleaning, or running a humidifier. Using a dehumidifier may help keep your home within the desired summer humidity of 35%-45% and desired winter humidity of 25%-35%. Humidity that is too low can give you nosebleeds and static electrical shocks, while humidity that is too high will encourage mold colony growth. You can purchase an inexpensive hygrometer from the hardware store or a home-improvement store to measure air

humidity levels so you can adjust your home's ventilation as needed.

When cooking, reduce the volume of steam by using a range hood fan, but only if the range hood vents outdoors. If it doesn't, open the kitchen window.

When washing clothes, try using cold water instead of hot water. Today's detergents are able to launder clothes effectively at any temperature.

When using the clothes drier, vent the exhaust outdoors. Venting drier exhaust indoors not only over-humidifies your home, but also releases a lot of lint and dust.

When taking a bath or shower, be sure to run the bathroom fan. If your bathroom fan does not vent outdoors, have a qualified person re-route the duct so that it does.

If your home has more people than it was designed to hold due to relatives staying with you or house guests for a gathering, set the furnace fan to "on" instead of "auto."

Most cleaning products including ammonia and vinegar contain mainly water. When you have finished cleaning, dry the area by increasing air circulation: turn the furnace fan to "on" from "auto" or turn on a portable fan in the cleaned area.

Some homes start out too dry, so the home owner uses a humidifier to moisten the air. If you do so, ensure the humidified air is circulated well in the space you are humidifying and actively monitor humidity levels.

Eliminating leaks in water supply valves and pipes can eliminate unwanted humidity in your home.

Some homes may be over-humidified by having too many high transpiring plants (such as ferns) in one room. Mix low transpiring plants (such as cacti) with high transpiring plants, spread the plants throughout the home, ensure good air circulation, and monitor overall room humidity levels so you can enjoy your plants without over-humidifying your home.

Ensure good air circulation. Too often, certain parts of the home are too dry while other areas are too wet. This becomes more noticeable during winter when your home is closed. Other times, furniture placement, room decoration choices and curtain choices may inhibit proper air circulation, causing certain areas of the home be cooler than other areas and promoting unwanted condensation.

Moving beds, couches and other large furniture away from the wall to provide at least two inches of clearance from the wall, and ideally six inches from the wall, will allow air to circulate properly.

Wall hangings such as pictures, paintings, and decorative blankets and rugs, depending on their size, need an eighth of an inch (for small objects) to two inches (for large objects) of clearance from the wall to promote proper air circulation.

Curtains and window shades also need at least two inches of clearance from the window to promote air circulation.

When blankets are used as curtains but not given proper clearance from the wall and windows, warm air can

pass through the blanket, become cooled by the window, condense moisture out of the cooled air, and then slowly escape back into the room. Depending on the window temperature, the condensed moisture, can either freeze onto the window, eventually damaging the sash, or form pools of water that allow mold to grow on the window or its sash, or wet the blanket, allowing mold to grow on the blanket itself.

Don't promote condensation. Other than poorly placed furniture, decorations, and window treatments, homes may have other issues that promote condensation. These include cold air leaks from windows and doors due to worn or failed weather stripping or poor adjustments that form unwanted gaps. Additionally, caulking for wall and roof penetrations may have failed, allowing cold air to enter your home. If you have these issues, install new and properly sized weather stripping, properly adjust doors and windows, and ensure good seal with caulking to reduce instances of condensation, thus reducing water supply to mold colonies. In some extreme cases, failed – or even missing – insulation in walls or ceilings will cause a cold spot to form in winter, promoting condensation at that cold spot. If you have this issue, consult a qualified home improvement contractor to fix the problem.

If your home gets flooded, dry it out quickly. Severe weather events or broken water pipes may cause a flood in your home. In these cases, dry your home quickly as possible through use of pumps and wet-vacs, followed by dehumidifiers and fans. Drying your home quickly will reduce the chance for mold to begin growing.

Air out your home. If your home is equipped with a system for Energy Recovery Ventilation (ERV) or Heat Recovery Ventilation (HRV), ensure you have placed your ventilation unit on its proper summer or winter settings so it can air out your home properly. If you do not have an ERV or HRV system, open all your windows for 10 to 20 minutes per day. In winter, when heat is stored in your floors, walls, ceiling and furniture, your rooms will warm up quickly after you air out your home. Using this method, especially during winter, can quickly remove any excess moisture in your home, thus reducing the amount of water available for mold colonies.

For more information, contact:

On mold reduction strategies:
Department of Natural Resources and Environment
Environmental Office Air Quality Program
All districts: 1-320-532-4704

On health effects of prolonged mold exposure:
Department of Health and Human Services Public
Health Office
District I Office: 1-320-532-7776
District II Office: 1-218-768-2389
District III Office: 1-320-384-0149

I Thought I Might Stop Writing

Arne Vainio, MD Family Practice Physician

Stephan Hoglund Photographer

I've taken a few months off writing and when I stopped, I really wondered if I was going to start again. When I first started, I had an editor at a newspaper who continually changed what I wrote and wanted to assign me things to write about. I was told I couldn't keep writing the stories I was writing and that I would eventually run out of them.

I've thought about this often over the past few years and I often worried she may be right. I had someone pull me aside at an event and let me know he was unhappy with something I wrote because it could have been more politically active and that I could have put someone on the spot. It was implied that I stopped short of serving the needs of our people.

I've been told my stories were self serving and I only select stories that make me look good at the expense of other people.

I have taken the past few months to really think about this and to see if there is something inside me I need to change.

Maybe all of those things are true.

I do not want them to be.

Our history is not a history written by our people. The written history we have is from people who were not a part of our culture, who did not understand it and wanted to see it disappear forever.

Our elders have always taught our lessons through stories and participation and by example. Our creation stories show what happens when even the spirits are foolish and when they get greedy. They also show what happens when they are wise and generous and share their gifts. They show that each of us has a reason to be here and that we learn from each other as we also teach each other.

This is why I write. The stories come to me in the form of people and in the form of families. The struggles and heartaches that come from a diagnosis of cancer or heart disease or a death from substance abuse are all struggles and heartaches we will someday face. I see strength come from places I would least expect and I see love and forgiveness happen sometimes just in time.

And sometimes too late.

I write about being a husband and a father and I feel either that has absolutely nothing to do with medicine or that it has absolutely everything to do with medicine.

Last month my sister died. This was the first time my brothers and sisters and I have had to bury someone from our generation. My wife Ivy and I have been through this too many times and have been the ones making most of the calls and arrangements and finding help in the past.

This time we were not the ones with the responsibility to make sure a traditional funeral came together the

way it was supposed to. My nieces had this responsibility and it was the first time they ever had to do this.

With the funeral in January in Minnesota, it was bitterly cold the day of the wake. Two of our respected elders had already gone out to mark off the grave site and it was outlined in footprints in the snow. My son Jacob and my brother Brandon and I went to the cemetery the afternoon before the funeral to see if we needed to build a fire to get through the frost as the grave had to be prepared by hand by the family.

We had picks and shovels and we decided to see how thick the frost was. We took turns swinging a pick and were finally able to break through the frost about eight inches down. We didn't know we weren't supposed to start digging until the day of the funeral. We had to stop and start again the next morning.

Brandon and I stayed with my nieces at the wake with our sister.

We started digging again when the sun came up and the ground had refrozen deeper than it was originally. Every swing of the pick yielded only a cupful or so of frozen ground. Once we got through that, the ground turned to thick clay and the digging wasn't any easier.

Our brother Kelly showed up and stayed at the graveside. He had a stroke a few years back and can't use his left arm, but his presence was welcome. Two cousins that I hadn't seen in several years showed up and took turns with the pick and the shovel and Brandon's son Brian came to help.

I've drifted apart from my brothers and sisters and my cousins over the years. We used to all ride in the same car when we were kids. My uncle Punksin, my aunt Beverly, my mother, my three sisters, three brothers and my two cousins and I would all be packed into a dark blue 1966 Mercury, riding dirt roads and going to play in rivers or to dig through the dump. We didn't even know we were poor, we only knew we were together.

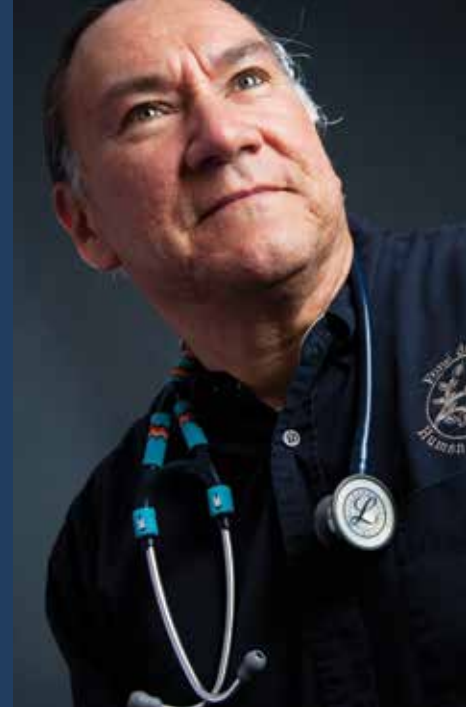
Now we were digging my sister's grave. Where does the time go?

Swinging a pick is hard work and there is only room for one person at a time in the grave. Everyone else stands on the top and tells stories and jokes and watches the one swinging the pick and digging with the shovel.

Respect is not given, but earned.

We learned again to respect each other. Brian and

"Our creation stories show what happens when even the spirits are foolish and when they get greedy. They also show what happens when they are wise and generous and share their gifts. They show that each of us has a reason to be here and that we learn from each other as we also teach each other."



Jacob as the younger generation have more energy and more strength, but they also were able to be part of the stories and the jokes and they earned their place with the rest of us.

The funeral was at 10 a.m. and as it was starting we still had about two feet deeper to go. We were told to return to the ceremonial hall so the funeral could start and as we were desperately trying to dig just a little bit deeper one of the men from the community told us he would stay and dig.

We thanked him and left for the ceremony.

The community was at the ceremonial hall, the elder who was doing the ceremony with his helpers was there, people had brought food for the feast and the ceremony was done in Ojibwe the way it has always been done.

During the ceremony, eight more men from the community showed up and finished digging the grave.

Jacob and my nephew Brian never rode in that old Mercury with us, but they showed us their strength and they were able to see ours. My sister was a year older than me and I am now the elder in our family. No one doubted that at the graveside and it didn't need to be said.

There is no possible way we could have done this as a family without the help of the community. I hugged one of the elders as we were finally leaving to go home and told her we would never have been able to do this without her and everyone else and she told me:

"One day my family will need your help for me and I know you will be there when that time comes."

We will be there, Brenda.

These are our stories.

Another generation will learn by watching and helping and we will continue to share our gifts and to find our reasons for being here.

This is why I write.

Arne Vainio, MD (Mille Lacs Band of Ojibwe Member) is a family practice physician on the Fond du Lac Ojibwe reservation in northern Minnesota. This story was reprinted with his permission.

Continued from page 8

Historical Trauma Training

Indians will not admit to addiction, violence, drug use or child abuse.

How can this be reversed?

Start to talk, Heidi said. "Acknowledge that these issues are going on and the healing can begin," she said. "Sharyl helps people understand it."

So does Maria Yellow Horse Braveheart, Lakota, a nationally recognized scholar on historical trauma and American Indians.

In her assessment of historical trauma, she wrote that in 1879, Congress passed a bill that would use vacant military posts and barracks for the "industrial education of nomadic youth...Education as a means of civilizing and elevating the savage has ceased to be experimental. Best results are obtained with the removal of children from all tribal influence."

From the 1800s until 1961, American Indian children as young as three were removed from their families and forced to attend boarding schools. The first schools were Christian missionary-operated; the Bureau of Indian Affairs later took over operation of many of the schools.

The children were punished if they spoke their native language or practiced their religion. Their hair was cut, their clothing changed, their names were changed, and even the food they ate was foreign to them. Most boarding schools also had graveyards, a clue to the more grim aspects of boarding school life.

Then in the 1940s and 1950s, federal relocation programs encouraged American Indians to voluntarily migrate to urban centers. The Oklahoma Historical Society concluded that the net effect of relocation for many American Indians meant a loss of access to traditional cultural supports, economic hardship, social disenfranchisement, overt discrimination, and unemployment.

Boarding schools and relocation to urban areas led to a unique strain of historical trauma, similar to that experienced by Holocaust survivors and by Japanese Americans who were interned during World War II.

Like Heidi, Dr. Braveheart says that the first step in addressing historical trauma is to confront it, then understand it, release the pain, and finally, transcend the trauma.

Mille Lacs Polar Bear Plungers Raise More Than \$40,000

Sarah C. Barten Public Relations Specialist, Corporate Commission

Last month 232 individuals registered for the second annual Lake Mille Lacs Polar Bear Plunge for Special Olympics Minnesota. Together the plungers raised more than \$40,000 in donations toward the cause. Combine that with the \$20,000 that Grand Casino Mille Lacs donated to help bring the plunge to the area and the \$10,000 Associates raised for Corporate Commissioner Joe Nayquonabe's Executive Plunge at Lake Calhoun and all together, the

money raised for Special Olympics Minnesota totaled more than \$70,000.

Mii gwech to all of the plungers who raised money, for all of the supporters who donated money for Special Olympics Minnesota and for the help of local law enforcement (Mille Lacs County Sheriff's department, Mille Lacs Search & Rescue, Mille Lacs Band Tribal Police, DNR and Public Safety, Garrison Fire Department and Pierz Police Chief).



Joe Nayquonabe, Jr. participated in the inaugural executive plunge on behalf of Special Olympics Minnesota. He and the other executives pictured here, raised a total of \$150,000 for the organization.



Circle of Health

MLTC (Mille Lacs Tribal Community): Open enrollment periods are January, April, July and October. Circle of Health will mail out notices to eligible Band members the first week in the month prior to open enrollment. Please remember that the MLTC is not meant to be your lifelong health insurance plan. Once you are employed and have health coverage available or are eligible under someone else's policy please notify us promptly so we can assist in canceling your MLTC policy.

Medicare Reimbursements: Some elders have not submitted their notices from Social Security stating how much their Medicare Part B and Part D premiums are for 2013. It is not too late to do so. If you are new to Medicare or have questions about the reimbursement, please call your claims processor for assistance.

Health Fairs: The spring months provide opportunities to attend one (or more) health fairs. Watch flyers for the dates/locations in your community. Circle of Health staff will be attending the health fairs in all districts. We will have enrollment forms available and will be available to answer questions.

It is very important that Band members notify Circle of Health of contact information changes (address/phone). We make every attempt to notify Band members of important changes especially when it requires action on their part.

Claims Processors:

Roberta Lemieux: A–L
Tammy Smith: M–Z
800-491-6106 or 320-676-8214

Child Support Update

Should you ask the court to change your child support order? It depends on how much your income or expenses have changed.

Contact the Child Support Office with any questions about your case by calling 320-532-7755.

The court is NOT likely to adjust your order if the ONLY change since your last order is:

- You had a new baby with someone else
- You believe the other parent doesn't need the money
- You or the other parent recently married or divorced
- Your minor child no longer lives with the other parent
- Your minor child has had a baby

The court MIGHT adjust your order if any of these things changed since your last order:

- You or the other parent earn more or less money than before
- Your expenses have gone up because of unusual circumstances
- Your medical insurance has changed
- You quit your job to go back to school
- You receive the support and lost your job through no fault of your own

The court CAN very likely adjust your order if any of these changes happened to you since your last modification:

- You owe the support and the minor child now lives with you
- You owe the support and lost your job through no fault of your own
- You owe the support and are in prison

- You now receive public assistance
- You receive support and believe the other parent is earning more money than when the order was established
- Your child turned 18 and is not in high school
- One or more of the children included in the court order is no longer a minor
- 20% increase and at least \$75.00 increase of order

Department of Labor

The MLB Department of Labor is offering the GED test at the Mille Lacs Tribal College, 10:30 a.m. to 4 p.m. on April 12 and 19, 2013. It is free for those eligible for the MLB DOL services, or individuals may opt to take the test without our services for a fee of \$60 for all 5 subtests or retest fees of \$12 per subtest, payable to Pine City GED. These test sessions are open to the public and require attendance on both days to complete the entire test. Test takers must preregister with the GED Chief Examiner, Melissa Lupinek, at 763-689-6230 or cell 320-223-3826, by April 9, 2013. It is important that anyone who has previously taken the GED and not passed all 5 subtests pass them all before the new GED test comes out January 1, 2014. Anyone who does not pass all 5 subtests with a total score of 2250 or more before the end of 2013 will have to take the entire new GED test series beginning January 1, 2014.

GED TEST
April 12 & 19, 2013
Mille Lacs Tribal College
43651 Oodena Drive, Onamia, MN 56359
\$60 fee for the entire test
\$12 retest fee per subtest
FREE for those eligible for MLB Department of Labor Services. Must complete DOL application and program criteria. For more information call: 1-800-922-4457

Mille Lacs Tribal College

As of March 18, the Mille Lacs Tribal College classes are now held at the Nay Ah Shing Upper School. Please contact Camille Naslund at the Nay Ah Shing Upper School at 320-532-2305 with any questions.

Community Cleanups

Brian Scheinost Director of Public Works

District I, Vineland – Saturday, April 20th through Friday, April 26th. Hours of operation will be 8:30 a.m. to 4:30 p.m. Monday through Friday, and 9 a.m. to 4 p.m. Saturday and Sunday. All roll-off dumpsters will be located at the Mille Lacs Band Old Transfer Station Site off of U.S. HWY 169.

District II, East Lake, McGregor, Minnewawa, Sandy Lake and Isle – Saturday, May 4th through Friday, May 10th. Note Roll-off locations will be reduced to areas that can be monitored. Hours of operation will be 8:30 a.m. to 4:30 p.m. Monday through Friday, and 9 a.m. to 4 p.m. Saturday and Sunday. Roll-offs will be placed at the East Lake Maintenance facility for District II and Isle Community Center for District II-A.

District III, Lake Lena and Hinckley – Saturday, April 27th to Friday, May 3rd. Note Roll-off locations will be reduced to areas that can be monitored. Hours of operation will be

8:30 a.m. to 4:30 p.m. Monday through Friday, and 9 a.m. to 4 p.m. Saturday and Sunday. Roll-offs will be placed at the following locations: Earthworks building located on HWY 48, 2 miles east of Hinckley Casino, the Maintenance building in Lake Lena across from Aazhoomog Community Center and at the cul de sac at Wise Owl.

Mille Lacs Band Elders will receive free curbside pickup for their community cleanup items. Elders must call the Public Works office at 320-532-7433 by Friday, April 15th, to be placed on the list for pickup. Anyone receiving curbside pickup must have their pile at the end of their driveway

Please contact Public Works at 320-532-7433 if you have any questions or concerns about the 2013 spring cleanup!

Public Notice of Environmental Assessment Process

The Mille Lacs Band Community Development Department in conjunction with the Mille Lacs Band Department of Natural Resources/Environment hereby gives notice that a public meeting will be held at 5:30 p.m. Monday, April 29th at the Mille Lacs Band of Ojibwe's District I Community Center. The meeting is a requirement of the Federal Environmental Assessment taking place on the property. In general the meeting will discuss the proposed Sher Mixed Use Development Plat as well as the process of moving the property from fee to trust.

The Mille Lacs Band of Ojibwe will hold a meeting to accept verbal and written comments on the proposed development, the Environmental Assessment and the fee to trust process. The Mille Lacs band of Ojibwe complies with Title II of the Americans with Disabilities Act. Individuals with disabilities who may need auxiliary aids, services, or special modifications to participate in the public meeting or to comment on the project should contact Lisa Johnson 320-532-7552 or Mike Moilanen 320-532-7438.

Written comments on the project may be sent to: Lisa Johnson, 43408 Oodena Drive, Onamia, MN 56359, 320-532-7552, lisa.johnson@millelacsband.com. Comments must be received no later than April 29, 2013 at 9 a.m. If you have any questions about this notice, contact Mike Moilanen at 320-532-7438.



Mille Lacs Band Elders can receive free curbside pickup for their community cleanup items by calling the Public Works Office at 320-532-7433 by April 15.

TRIBAL NOTEBOARD

Happy April birthdays:

Happy Birthday **Dorothy Aubid** on 4/1 from Marlys, Anthony, and family. • Happy Birthday **Paschen Christensen** on 4/2 from Alicia, Falon, Amanda, and grandchildren. • Happy Birthday **Eva** on 4/4. Love Mom, Jeff, Tyson, Jon, Uncle Evan, Colleen, Susan, Maggie Sue, Phoenix, your Dad and Grampa Lenny. • Happy 6th Birthday **Elias “Punky” Wagner** on 4/4 with love from Mommy, TANK, Alizaya, Rico, Grandma Tammy, Uncle Bran, Auntie Em and Family, Papa Carl and Daddy. • Happy Birthday **Laura MacLean** on 4/5. You’re not 50, you’re just two 25’s or a half a buck! Love ya (L) dearly. Your buddy, Jackie Pike. • Happy Birthday **Grandpa Oliver Gibbs** on 4/5 Love, Jackie Pike. • Happy Birthday **Cory Sam** on 4/6 from Tyson,

Eva and Jon. • In loving memory of **John G. Pike** on 4/6. Happy birthday lovey, I love and miss you every day. Your babe, Jackie Pike. • Happy Birthday **Kevin Stobb** on 4/8 with love from Auntie Tam, Brandon, Brandi, Elias, TANK, Alizaya and Rico. • Happy Birthday **Juice** on 4/14 with love from your sister, Brandon, Brandi, Elias, TANK, Alizaya and Rico. • Happy Birthday **Deb Smith** on 4/15 with love from your sister, Brandon, Brandi, Elias, TANK, Alizaya and Rico. • Happy Birthday **Terri Boswell** on 4/15 from Bruno, Crista, Rileh, Cheyauna-rie, Laila, Grandma Francis, Little Friction, Elaine, Jaagaab, Marlow, Franny, Snookz, and Frybread. • Happy Birthday **Kelia A.** on 4/20 from Grandma Marlys, Anthony, mom Rachel, Jeremy, Railei, Uncle Richard, Aunt Candace, and brother Cyrell. • Happy Birthday **Anthony B.** on 4/21

from your wife Marlys. • Have a super Birthday **Tara Robertson** on 4/23 with love from Momma, Papa and Erika. • Happy Birthday **Aiva** on 4/26. Love Auntie Val, Mariah and Kevin. • Happy 13th Birthday **Sassi Rose** on 4/28. from Auntie Caryn and kids and Grandma. • Happy 54th Birthday baby sister **Vicki Kroschel!** Next year you get to join the Elders club. Love you! From Kat Garbow. • Happy Birthday to our **Granny Sherry** and wonderful Mom! We love you, Addison, Aiden, Avery, Courtney, and Toby.

Happy April birthday to Mille Lacs Band Elders!

Margie Ann Anderson
Dorothy Ann Aubid
Terry Louis Beaulieu
Jerry Jonas Benjamin
Donivon Leroy Boyd
Russell Edward Boyd

Wayne Theodore Boyd
Sharon Lee Chavarria
Rayna Joyce Churchill
Wesley Dorr, Jr.
Nancy Mae Foster
Duane Wallace Haaf
Douglas Happy
Arleen Joy Hunt
Gwendolyn Marie Hanold
Darryl Vernon Jackson
Elsie Karsjens
Evelyn Kegg
Raymond Kegg
Bruce Marvin LaFave
Glenda Marie Landon-Rosado
Ada Mae Merrill
Louis Kevin Merrill
Bonita Louise Nayquonabe
Russell Daniel Nayquonabe
Gloria Jean Nickaboine
Sherry Marie Nielsen
Donald Eugene Oswaldson
Jeannette Oswaldson
Ricky Harold Pardun
Solita Efigenia Reum
Lorraine Diane Sam
Darlene Rae Savage
Ruth Anne Schaaf
George Augustus Sharlow, Jr.
Perry Don Skinaway
Debra Ann Smith
Gloria Jean Songetay
Marvin Lee Staples
Gail Marie Tyson
Duane Lee Wind
Leonard Myron Wind

Happy belated birthdays:

Happy Belated Birthday to Mille Lacs Band Elder **Thomas Schleeve, Wm** on 3/8. • Happy Belated Birthday to Mille Lacs Band Elder **Jeffrey Jay Keller** on 3/18 • Happy Belated Birthday to Mille Lacs Band Elder **Anita Ann Misquadace** on 3/21 • Happy Belated Birthday to Mille Lacs Band Elder

Bonnie Elaine Dumler on 3/25 • Happy Belated Birthday **Mike Christensen III** on 3/30 from Alicia, Falon, and Amanda!

Other Announcements:

I am so grateful for all the benefits I receive as a Band member! It has eased the pressure of life in so many ways! It’s most definitely a privilege and an honor to be a member. Miigwech, John Dowell – Grand Rapids, MN

Submit Birthday Announcements

Send name, birthday and a brief message that is **20 WORDS OR LESS** to Andy McPartland at andy@redcircleagency.com or **call 612-372-4612**. *The deadline for the May issue is April 15th.*



APRIL CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8 Mommies and Muffins 8:30 a.m. Wewinabi Early Education Center	9	10	11	12 Ceremonial Dance: Ralph & Andy Mille Lacs	13 Urban Elder Meeting/Bingo 11 a.m.–2 p.m. Urban Area Office Ceremonial Dance: Ralph & Andy Mille Lacs
14 District I Early Education Family Activity Night 5:30 p.m.–7 p.m. Wewinabi Early Education Center	15	16 Elder Abuse Awareness Conference Grand Casino Hinckley Call 612-872-1424 for information	17 Elder Abuse Awareness Conference District II-A Chiminsing 6 p.m. Chiminsing Community Center DIII Community Meeting 5:30 p.m. Grand Casino Hinckley Ballroom	18	19 Ceremonial Dance: Lynda & Joyce Mille Lacs	20 Ceremonial Dance: Lynda & Joyce Mille Lacs
21	22	23 Diabetes Bingo 12 p.m. District III Community Center. Must call Cindy at 320-532-7840 to reserve a spot.	24 Native American Cancer Support Group 6 p.m.–8 p.m. East Phillips Community Center DII-A Community Meeting 5:30 p.m. Chiminsing Community Center	25 Urban Area Community Meeting 5:30 p.m. All Nations Indian Church	26 Ceremonial Dance: Dave & Skip Lake Lena	27 Ceremonial Dance: Dave & Skip Lake Lena Family Feud Live 3 p.m. & 6 p.m. Grand Casino Hinckley. RSVP required for the 27 th & 28 th . Call 866-244-0554
28 Family Feud Live 3 p.m. & 6 p.m. Grand Casino Hinckley. RSVP required for the 27 th & 28 th . Call 866-244-0554	29 DI Community Meeting 5:30 p.m. DI Comm. Center	30	1	2	3	4 Powwow for Hope 11 a.m.–9 p.m. YWCA – Midtown See page 9 for more information.

Spring is Prime Time Allergy Season

Donna Hormillosa RN, District III

Most people are eagerly anticipating all the good things that come with the spring season including the warmer weather, blossoming trees and blooming flowers. But for those who suffer from hay fever, the onset of spring can be bittersweet when allergy season kicks into high gear.

Research shows that Hay fever is an allergy that can be genetic. Approximately 30% of all Americans suffer from hay fever and the incidence is growing.

The way it works is when a person is exposed to an allergen, the body's immune system identifies the allergen as something that doesn't belong and reacts. Allergens can be pollen, dust, mold, animal danger and many different chemicals. In the case of hay fever, the allergen is pollen and the source can be grass, weeds or trees.

Hay fever symptoms include sneezing, runny nose, persistent cough, sore throat, and itchy or watery eyes. These symptoms mimic those of a common cold and the two are often confused. Colds are caused by viruses and typically go away within a few days to a week. Colds are often accompanied by fever, aches and pains.

Allergies are caused by the immune system responding to exposure to an allergen. Allergy symptoms will last as long as the person is exposed to the allergen and sometimes longer. The treatment approach to hay fever or other allergic conditions is twofold. First, a person can eliminate or reduce exposure to the allergen. Secondly, they can suppress the response of the immune system.

Following are some tips for ways to reduce exposure to allergens:

- **Reduce dust mites.** Wash curtains and rugs frequently and dry in a hot dryer to remove dust. Use plastic covers on pillows, mattresses and box springs, and vacuum weekly.
- **Control animal dander.** Keep pets out of the bedroom and outside if possible. Brush pets frequently and bathe them weekly. Get rid of carpets and use bare floor coverings such as tile, linoleum, wood or vinyl.
- **Minimize mold.** Get rid of water sources such as leaky pipes. Stay inside when mold counts are higher, such as on foggy or damp days or immediately after a rain-storm. Change filters on your furnace and air conditioner as needed. (For more on mold reduction and prevention, see the article on page 14.)
- **Track pollen counts.** Keep house and car windows closed, use air conditioning, and stay indoors when pollen counts are high.

Treatment can also be aimed at suppressing the response of the immune system. Many over-the-counter and natural remedies are available. Your healthcare provider may also recommend prescription medication.

In extreme cases, allergy shots may be utilized. Many researchers have studied the effect of eating local honey to help prevent allergies caused by pollen. The theory as to why this may be helpful to allergy sufferers is similar to the theoretical basis for vaccination.



Allergens such as dust, mold and pollen, pictured here, can kick our immune system into overdrive.

If the body is exposed to the substance over time, it may develop an appropriate response. The effectiveness of eating honey which bees have produced from local pollen has not been substantiated by research. Still, there are numerous accounts of people who have eaten honey produced locally and who then claim their allergy symptoms have decreased or resolved entirely. In any case, children under the age of 12 months old should never be given honey since their immune systems are not fully developed.

For further information or to check out the allergy forecast, visit www.pollen.com.

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Heating, Water, and Maintenance Problems?

During normal business hours, tenants in Band rentals and Elders living within the service area should call 800-709-6445, ext. 7433, for work orders.

After business hours, tenants with maintenance emergencies should call 866-822-8538 and press 1, 2, or 3 for their respective district.

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

MAY 2013 | VOLUME 15 | NUMBER 5

CALI WEOUS: PRINCESS
OF HEARTS

REDUCING THE PRESENCE
OF MOLD IN YOUR HOME:
PART 3

THINK SPRING!
THINK SAFETY!

ACE THE INTERVIEW

EDUCATION INNOVATION

STAND
AND
DELIVER

PAGE 4

MESSAGE FROM THE CHIEF EXECUTIVE



MELANIE
BENJAMIN
CHIEF EXECUTIVE

As the days get longer, time seems to speed up and the weeks fly by. It seems like I just sat down to gather thoughts for the April column!

The federal budget and its impact on tribes remains a priority concern. The Mille Lacs Band has already felt the impact of cuts to health and education. If President Obama has his way, some of those cuts will be reversed in 2014. A couple of weeks ago I participated in a conference call hosted by Charles Galbraith (Navajo), Associate Director of Public Engagement and Intergovernmental Affairs at the White House. The office of Intergovernmental Affairs is known as the "front door" to the White House for elected officials who are outside of Congress.

During the conference call, we went through the federal budget as it relates to tribes. President Obama has requested a \$31.3 million increase in the 2014 budget to the Bureau of Indian Affairs and the Bureau of Indian Education. We talked about those proposed increases and specific needs from our reservations. It was an honor to participate in the conversation.

On April 12-13, 2013, I attended the annual Indian Law Resource Center Board of Directors meeting in Washington D.C. The Center protects land, resources, human rights, environment and heritage. At that meeting we came up with a strategy to raise funds for the Center, and learned about a wide range of legal topics like the implementation of the Cobell settlement, energy programs, and the coverage of treaty law on state bar exams.

Closer to home, we've held Elder meetings in Districts I and III. The District II meeting was postponed due to bad weather.

At the District I meeting, Joe Nayquonabe, Jr., Commissioner of Corporate Affairs, talked about the St. Paul hotels purchased by the Band and about the renovations planned for each building. Joe also assured everyone that we have a commitment to create revenue in each District, which also creates jobs in each District. As an example, jobs will be created at Eddy's Resort on Mille Lacs Lake where we plan a complete renovation. Eddy's will be closed at the end of July when the work begins.

At the District III meeting, a lot of questions were asked about medical services for the District. Health and Human Services Director Sam Moose explained that the Band would be sure to have enough medical providers to

serve the growing number of people. He also said that another pharmacist would be hired and may have been hired by the time you read this.

At that meeting, we also heard a presentation by David Matrious about two Pine Grove Learning Center students who are participating in a cultural exchange trip to Alaska. See page 5 in this newspaper for a story about that trip. What a wonderful opportunity for Alexis and Dallas! We look forward to hearing from them when they return home.

Our Elders have two trips of their own to look forward to this year. They requested a "mega bingo" trip to Las Vegas, and a visit to Branson, Missouri, in the fall. Both trips should be a lot of fun.

I gave a talk on the prevention of Elder abuse in Hinckley on April 16. I mentioned the importance of Elders to our community and culture. They are the keepers of wisdom and that wisdom is the heart and soul of the Mille Lacs Band of Ojibwe. We listen to our Elders because at one time, they showed respect by listening to their Elders. That's our way. It is unthinkable to mistreat an Elder who should be treated with respect and with love.

I also gave a presentation to the Native American Finance Officers Association annual conference held in Washington, D.C. Our panel was asked to comment on working with state legislators and about partnerships. I mentioned that our uppermost priority is to keep an eye on diversifying our tribal economy, and that is done through partnerships with others. If we do well, our partners will also do well. I mentioned our partnerships that helped create the wastewater treatment facility, the rail project to Hinckley from the Twin Cities, and the St. Paul hotel purchases.

I also said that we can't depend on gaming forever. We need to leverage what we learned from gaming and apply the knowledge to other areas, like our recent moves into the hospitality industry through the hotel purchases. The financial seeds we plant now will help our children and grandchildren become economic players at the local, state, and national levels. Our goals are constant: to be good

neighbors, good citizens of the community, and to run our hotel businesses and other businesses in an honorable and profitable way.

Now for a completely unrelated topic, I wanted to share some information featured at an April 8 training session held in St. Paul. We learned about "lateral violence"



Eddy's Resort will get a complete renovation this summer, creating more jobs for Mille Lacs Band members.

in the workplace, which is when people turn on each other out of frustration and fear they feel from outside the workplace. The way they turn on each other is through belittling behavior, verbal abuse and gossip. We tribal leaders can take action to reduce lateral violence by paying attention to the mental, emotional, physical and spiritual health of an employee. More on this subject will be addressed in an upcoming story.

Katie Draper is our new Commissioner of Community Development and was recently officially sworn in. We know she'll do a great job! Welcome, Katie!

As always, it is a privilege to serve you, the Non-removable Mille Lacs Band of Ojibwe. Enjoy the late emergence of a well-deserved Spring!

Melanie Benjamin

Legislative Update for the State's 88th Session

Jamie Edwards Director of Government Affairs



Midway through Minnesota's 88th Legislative Session one highlight of particular interest to Mille Lacs Band members is that so far there haven't been any hearings of gambling expansion bills. While several informational hearings on elec-

tronic pull-tab revenue have occurred, those have only been in the House, with no activity in the Senate.

The state's portion, \$324 million, for construction of a new Vikings stadium is supposed to come from taxes collected on the new electronic pull-tab machines, but currently the devices are falling short of projected revenues. Governor Mark Dayton and other DFL leaders have urged patience around this issue.

By comparison, at this time last year we were engaged in a "battle royale." There were hearings occurring almost weekly in an effort to protect the Band and other tribes

from the threat of a major expansion of gambling. Racino advocates were spending huge amounts of money to pressure legislators to allow slot machines at the two horse tracks. Had they been successful, the result would have been catastrophic to our casino properties at Mille Lacs and Hinckley. There was a lot of activity, and most of it revolved around finding a funding solution for the stadium. What a difference one year can make.

The Band made it through that very challenging time in part because when asked, Band members, employees, neighbors, vendors and others stepped up and made sure their voices were heard in the halls of the Capitol. The letter writing and email campaign effort that occurred on behalf of the Band and other tribes last year was a tremendous help that changed the position of several key legislators.

Although the threat has decreased greatly this year, we continue to remain vigilant and will continue to do so in our effort to protect the Mille Lacs Band's interests in St. Paul.

Other information:

The session convened on January 8 and it's anticipated that lawmakers will complete their work at the end of May. There are 62 new members in the legislature this year.

The DFL controls the Governor's office, as well as the House and Senate, for the first time in 30 years. They currently are working on a biennial budget for fiscal years 2014/2015.

Legislators still need to come up with a plan to deal with a \$627 million shortfall, but this is a much smaller deficit than was originally expected. There will be cuts to funding for some state programs and/or departments. There will also be attempts to raise revenues for the state by increasing the tax rates of higher income earners. Like many other states, Minnesota is also feeling the ripple effects of sequestration from the federal level and will likely see a reduction in dollars coming at Washington, DC.

Several proactive legislative initiatives are currently making their way through the legislative process that will be helpful to the Mille Lacs Band. Efforts are underway to provide funding for Ojibwe and Dakota language preservation programs, improve educational opportunities for American Indian students, and create tax exemptions for tribally owned buildings used for government purposes.

Chi-Miigwech

Strategic Plan Summary

Deborah Locke Staff Writer

A strategic plan is a kind of blueprint for the future of organizations, companies, even individuals. In 2010 the Mille Lacs Band of Ojibwe embarked on a process to review its existing strategic plan, which was developed in 1999, and come up with a new plan that reflected today's challenges and opportunities. Copies of the new Strategic Plan were distributed at the 2013 State of the Band address.

The process included input from every corner of the Band, including surveys, interviews, and a review of important documents such as the constitution and recent State of the Band addresses. The planning team, made up of Band commissioners, reviewed drafts of the mission, values, vision, goals and logic model before finalizing the strategic plan.

Language was held as one of the most essential cultural values. Community values were also cited, including honesty, humility, truth, wisdom, love/compassion, respect and bravery/courage.

Goals were these: to cherish, preserve and nurture the language, culture, traditions, teachings and spirituality of the Band; to improve Band safety; to strengthen and solidify the Band government; and to guarantee the long term fiscal health of the Band.

The government accepted responsibility for pursuit of these goals, and acknowledged that the plan is dependent on the three branches and the corporate commission working collectively to achieve community health.



The strategic plan includes input from surveys, interviews, the constitution and recent State of the Band addresses.

ACTIVE SCHOOLS COLLABORATION
WITH MAYO CLINIC IS CHANGING
LIVES AT NAY AH SHING

STAND AND DELIVER

Trip Johnson Staff Writer
Tiffany Bolk Photographer

When Mayo Clinic researchers Samantha Calvin and Gabe Koepp started searching for schools that would be interested in piloting a new Active Schools Program, their number one criterion was “enthusiasm.” After one meeting with Nay Ah Shing Principal Mary Simon and Dean of Students Jason Long, they knew they had found the right place.

Ms. Calvin, the Clinic’s Director of Student Initiatives for Obesity Solutions, has been working with Native American communities for years, and has seen first-hand how incorporating more physical activity into the daily curriculum can help with diabetes prevention and weight reduction, and even improve academic achievement. But it only works if school teachers and administrators fully embrace the program.

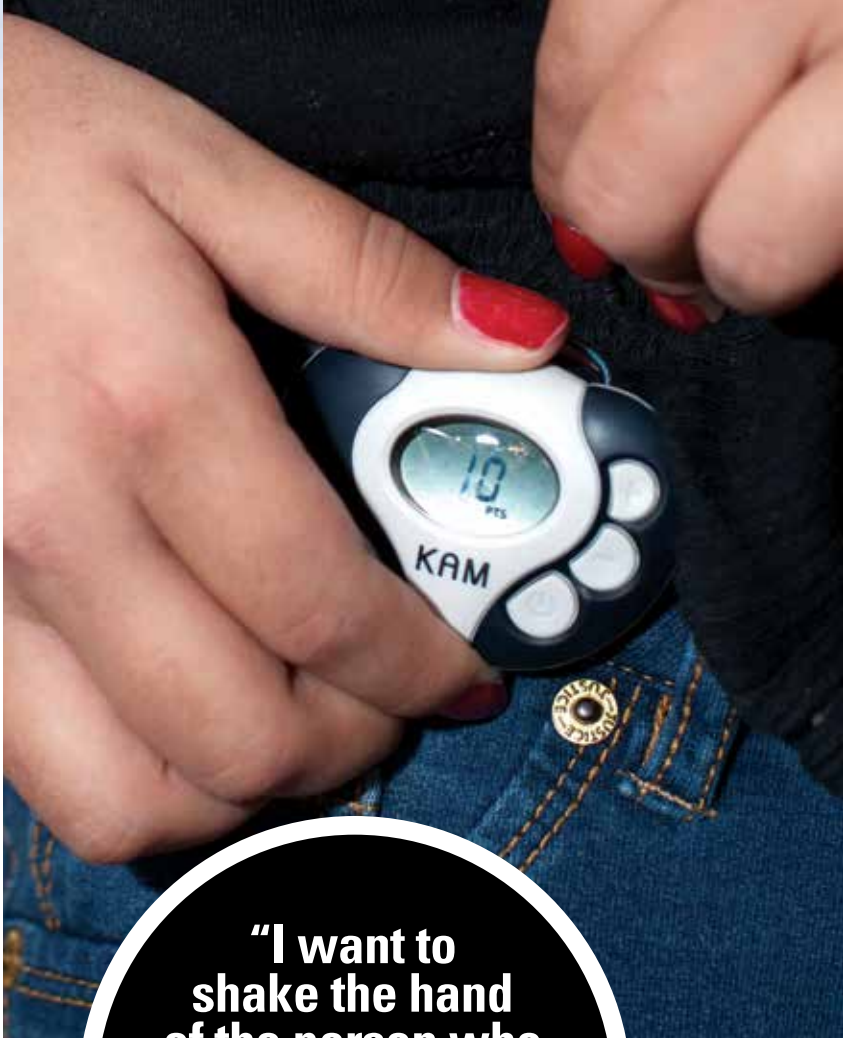
“Gabe and I, along with Dr. James Levine (their department head) met with Mary Simon (school principal) and Jason Long (dean of students) about a year ago,” said Calvin. “And right away, they were brainstorming all kinds of ways this could work. This is the kind of top-down involvement that makes Active Schools work.”

While there are many components to the Active School Program, visitors to the school will notice two right away: the Kinetic Ac-

tivity Monitors (called KAMs) that the 6th grade students and some teachers wear on their belts; and the adjustable “Stand-Up Desks” found in several of the school’s classrooms.

Students started wearing the KAMs, donated by the Kersh Health Corporation, in September. Unlike a pedometer, which only counts the number of steps, each KAM unit measures actual physical exertion – the more you exert yourself, the higher your score. “This has been really motivating for kids,” said 6th grade and middle school science teacher Danielle Patrick. “We’ve instituted a KAM Olympics, where they earn medals based on their KAM scores. We’ve even created programs like chair aerobics and line dancing, that are all about staying active and accumulating KAM points”

Equally motivating have been the Stand-Up Desks, donated to the school by the Ergotron Corporation. Ms. Patrick has four of these desks in her classroom, and says that since they were installed in September, “the students are more alert in class, and fight to see who can use them each day.” Typically,



**“I want to
shake the hand
of the person who
put the computer on
my daughter’s belt.
This has changed
our lives.”**

Ms. Patrick says her students will spend about 30 minutes at a time standing up at these desks during class, and almost all report feeling “more alert and awake.”

Ms. Calvin and Mr. Koepp continue to consult with Nay Ah Shing about once a month to make adjustments to the program, and are using the feedback and information they gather to develop a state-wide Active School implementation plan.

Meanwhile, at Nay Ah Shing, dean of students Jason Long says the program will expand next year, with the addition of more KAMs and stand up desks. Long says he has seen evidence of weight loss and healthier eating all through the school. But he knew for sure the program was a huge success when a 6th grade parent recently came up to him and said, “I want to shake the hand of the person who put that computer on my daughter’s belt. This has changed our lives.”

Pine Grove Students Travel to Arctic Circle for Cultural Exchange

Deborah Locke Staff Writer

Most people today who want to explore the Arctic Circle do so through the Internet or through a video game.

In May, Band members Alexis Staples, 11, and Dallas Roseland, 13, will travel through an exchange program to meet the Koyukon-Athabascans of Allakaket, Alaska. There the glaciers are now breaking up, the whales are migrating, and caribou is served for dinner. They will be gone for two weeks, returning on May 25.

The remote bush village, 6,000 miles from Minnesota, is located where two rivers meet the Arctic Circle, a spot so far away that it can only be reached by plane. That arrangement may sound complex, especially to Alexis who has left Minnesota only briefly a few times to travel to nearby Danbury or Superior, Wis.

So what? She doesn't care. She's ready.

"I've been wanting to go for a long time," she said in an interview. "My mom is really excited for me and my cousins want to go, too." Eventually, the Alaskan students will travel to Minnesota to meet with their new friends from the Pine Grove Learning Center, which is near Lake Lena.

The exchange came about because a Pine Grove teacher, Gina Wholecheese, taught at the Allakaket School before starting work for the Band. The College of St. Catherine graduate needed to find a job, went online and learned of a teaching position in rural Alaska, applied and got it. The 150-person village is "amazing," Gina said, who will accompany the students.

Fuel and dry goods are flown in regularly to Allakaket, which makes the cost of living expensive. Gasoline is \$7 to

\$10 per gallon and milk and hamburger cost double the amount charged in Minnesota grocery stores.

Before their arrival at the village, the students will visit Resurrection Bay, the glaciers, the Gray Whale migration, Denali National Park, and Chena Hot Springs: all attractions that contribute to the breathtaking beauty of Alaska.

The costs drove the fundraising efforts by the children and their teacher. Alexis and Dallas even wrote a letter to the Mille Lacs tribal leaders requesting help with travel costs.

"They wanted to go pretty darn bad," Gina said. In order to be eligible for this special adventure, the students had to be at the 90 percent or higher rate for behavior and attendance. That means they go to school regularly and show respect, courtesy and leadership qualities when they are at school.

The children have prepared PowerPoint presentations and a speech about Mille Lacs Band history and culture for their Athabascan audiences. In return, they will hear the native language from that region, and learn some of the traditions.

Here at home Alexis likes spaghetti or lasagna for din-



Dallas Roseland and Alexis Staples

ner, maybe ramen noodles, maybe hot Cheetos. In Alaska the menu changes dramatically, and the kids have been notified of what to expect.

What can they expect?

"Blubber and whale stuff," Alexis said very matter-of-factly.

She has already made Facebook connections with a girl named Sarah who is in the ninth grade.

"She looks nice, and pretty," Alexis said. "I'll meet her parents and her family."

Those connections will open the kids' eyes to new cultures and traditions while at the same time helping them to more clearly understand their own. Travel teaches new views of the world, their teacher said. The children will return with a clearer idea of what it means to be Anishinabe.



What mentorship programs should we focus on: Management, Community, Traditional/Cultural, Health Related or Legal?

Mentorship Program Seeks Vital Input from Community

At the 2013 State of the Band Address, an Executive Order by the Chief Executive was announced — the Executive Branch would begin Mentorship programs. At this time we are seeking vital Band member input in regards to the new program. There are many questions to consider and answer, and we welcome your suggestions and input. You can email them to Candice.ballinger@millelacsband.com (Chief's office), or call 800-709-6445, ext. 7486 or Michele.palomaki@millelacsband.com (Administration) at ext. 7530.

There will be an application process and selection process. We anticipate a committee who will review the submissions and make final determinations on those selected. We will have a better timetable to share in upcoming newsletters.

As a Band member, what are you looking for within tribal government? Management, Community, Traditional/Culture, Health Related, Legal — these are just a few examples. Is this a life experience opportunity, or do you feel there should be "other" compensation?

The Mille Lacs Band has made it a priority to incorporate the Strategic Plan, which focuses on the traditional seven teachings of the Anishinabe. This Mentorship program will use this foundation and encourage Band members to follow their interests and strengthen their desires to continue working in our communities and ensure they remain supported and strong.

Students Ready to Learn from Teaching Garden

Andy McPartland Staff Writer

Tiffany Bolk Photographer

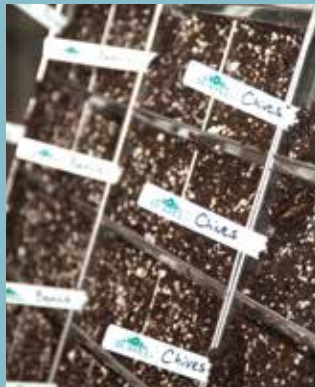
Thanks to the "Teaching Garden," late April snow hasn't stopped students at Nay Ah Shing Schools from planting vegetables in their hallways.

Nutrition services coordinator Deb Foye, aided by American Heart Association representatives, set up the MENU (Mobile Edible Nutrition Unit) with students eager to help. The Teaching Garden will yield three to four harvests throughout the year, allowing students to garden no matter the weather.

The portable unit is one of the first models in use in elementary schools and only the second in Minnesota.

The Teaching Garden has metal compartments for each vegetable. The compartments are then stacked in a vertical tray. This year, the Nay Ah Shing students planted lettuce, peppers, tomatoes, beans, squash, beets, parsley, and chives.

"The hope is that the project will lead to healthier eating if they grow the veggies themselves," Deb explained.



DISTRICT 1

Anyone who meets Cali Rae Weous sees a giggly girl full of excitement and energy. What isn't as apparent are the lifelong illnesses that make everyday living for the pretty five-year-old more complicated than it should be for anyone.

Cali was born with Ciliary Dyskinesia, a respiratory disease that makes her hair follicles stiff, therefore making her more susceptible to illnesses than everyone else. Typically, the body's hair follicles move constantly in the fight against germs and bacteria.



In her young life, Cali has had multiple infections and was even hospitalized for her first five months of life. Recently she was diagnosed with cell mast disorder.

Still, she shines bright as evidenced by the invitation for her to be one of the participants in the Minnesota National American Miss Pageant, which will be held in Bloomington June 1-2.

"It's nothing like 'Toddlers and Tiaras'" said Cali's mom, Allison Porter. "There isn't a swimsuit competition, no make up..."

Instead, Cali will showcase her charming personality and her Ojibwe language skills. She will also do a jingle dress or fancy shawl dance.

Cali, who is a Mille Lacs Band member, is currently the Headstart Princess at Wewinabii Schools. She loves going to school, but because of her health condition misses more days than she'd like too.

Cali Weous: Princess of Hearts

Toya Stewart Downey Staff Writer

"She requires nebulizer treatments four times a day, along with pummeling of her chest to clear out the junk in her lungs," said Auntie, Carmen Weous. "She requires much medical care and is always on some form of antibiotics."

Carmen added, "To look at her you would not have any idea she is sick. She is very active, outgoing, and loves swimming and dancing."

She is also a "girly girl but loves the Avengers and Power Rangers."

Cali cherishes time spent with her family most of all and has a positive attitude in spite of her health issues, Carmen said.

The most challenging part for her family is that no matter what they do or how hard they love the little girl, it's not enough to keep Cali healthy, said Allison.

"It's frustrating because we can't make her health better. There's no cure for what she has. We have to live with it and at times it's been really scary," Allison said.

"She'll get stronger as she grows," said Allison, who noted that due to her health conditions, Cali is wise beyond her years.

So, like many parents, they spoil Cali a little bit more than they might otherwise, and they do their best to make up for all the times she is sick. And when she crosses the stage at the pageant next month, the family will cheer wildly because no matter what, Cali is a winner.

Students Set to Graduate from Nay Ah Shing

Andy McPartland Staff Writer



Kayla Cash, 18
St. Cloud State University



Marquita Eagle, 18
Bemidji State University

Three female students are looking forward to graduating high school later this month. The students below will be recognized in a ceremony in the Nay Ah Shing high school gym on Wednesday, May 29 at 6 pm. Congratulations to all three!

Not pictured: Falcia Mitchell, 18. Falcia will be attending Fond du Lac Tribal and Community College.

Reducing the Presence of Mold in Your Home: Part 3

Charles J. Lippert Air Quality Technician

Courtesy of Mille Lacs Band Department of Natural Resources and Environment, Environmental Office in cooperation with Mille Lacs Band Department of Health and Human Services, Public Health Office.

Reducing presence of mold in your home is a year-round effort. When your home is closed off during the winter, reduction efforts become difficult and often unsuccessful, leaving you to face a large mold colony. In this final installment of a three-part series, we focus on steps to prevent the presence of mold in your home.

More on house cleaning

- **Using a wetted cloth.** If you are cleaning mold colonies off walls and other surfaces, when you initially begin cleaning, spray the mold-covered surface with your cleaner, then use a cloth wetted with the cleaner to wipe the surface. If you use a dry cloth or attempt to wipe a dry surface, you can risk releasing additional mold spores if the mold colonies have fruited. Sponges are porous and can entrap mold spores deep in the sponge body, so they are not recommended for use in cleaning mold colonies. A brush or an abrasive may be used only after the initial wipe-down.
- **Using bleach.** Bleach is a very effective chemical agent to kill off mold colonies. However, improper use of bleach can severely damage your home and belongings, and injure you. Never use bleach straight out of the bottle to clean, as straight bleach solution will damage or destroy many things in your home. When using bleach, use a diluted bleach solution made of 1 part bleach to 10 parts water. Diluted bleach solution loses its potency within 12 hours, so make only as much as you need.
- **Using non-bleach alternatives.** If you have sensitivities to chlorine or need a color-safe alternative, you can kill mold colonies using oxidizing agents other than chlorine bleach. These include hydrogen peroxide and OxiClean®. In some extreme conditions, ozone may also be used by professional home remediation professionals. If using hydrogen peroxide, due to its reactivity, be sure to use only 1/4 cup of it at a time. If using OxiClean® on

hard surfaces, use 1 tablespoon of the powder per 16 ounces of warm water, making 1 gallon batches at a time to ensure the solution's potency. For all other surfaces, follow the package directions.

- **Using cleanser.** Cleanser, especially the kind that contains bleach, is a very good product for removing mold from hard surfaces. However, cleanser should be used only after the initial wipe-down of mold colonies using bleach or non-bleach alternatives.
- **Using vinegar.** Acetic acid in vinegar is an effective cleaner, but it does not kill mold. However, vinegar will effectively get rid of oils and dust that can serve as food for mold. Additionally, vinegar can dissolve mineral deposits that can wick water, which can promote spreading of water mold needs. An added step often missed when using vinegar is to dry the surface when done, as vinegar is roughly 95% water; this can be done through using a dry towel, then using a fan to air dry the rest of the way.
- **Using disinfectant sprays.** Disinfectant sprays will kill many of the bacteria and viruses, but it will not kill mold. Because some molds harbor virus and bacteria for their benefit, by killing them you can seriously slow down those molds' growth.
- **Using Febreze®.** Febreze® and air fresheners, do not kill mold, nor do they reduce virus, bacteria or fungus. They only mask the musty odor emitted from enzymes produced by mold colonies. Additionally, many air fresheners contain formaldehyde, a known carcinogen. By taking all the steps in reducing mold presence in your home, you may also eliminate the need to mask their resulting odors.

What if moisture sources and physical presence of mold were significantly reduced or eliminated and mold is still a problem in the home?

- **Encapsulate mildew residue.** If you are certain that you have made your home dry and you still have mold colonies reappearing in walls you have treated, it may be because the mold has penetrated the surface. After you have retreated the wall, you can use KILZ® mold encapsulant, which acts like a super thick paint that deprives mold of access to moisture in the air.
- **Remove and replace insulation and drywall.** As long as you do not have holes and other large gaps in your walls, mold growing in wall cavities should not affect you, though the mold colonies will continue to destroy your home. If mold has compromised your drywall either from the outside surface



Use a wet cloth to clean mold off walls — a dry cloth can risk releasing additional mold spores.

or from within the wall cavity, then the only way to reduce mold is to remove and replace the drywall harboring mold colonies. If it is the wall cavity that was compromised, you may also have to remove and replace the insulation. Compromised wall cavity can also mean either water leaking in from the outside into the wall cavity or warm moist air from the inside condensing in the cool wall cavity. If you experienced a flood, it is assumed flood waters have penetrated the wall cavity, and so the affected drywall and insulation should be replaced.

- **Eliminate entry points for pests.** Because pests can spread mold and provide food for mold, eliminating pests is one way to reduce mold presence. However, if you have large cracks in your foundation or your walls and roofs have holes large enough to let pests into your home, those cracks and holes also provide ready access for water to enter your home and provide areas of uneven heat distribution that promote condensation. By eliminating these points of entry for pests, you also eliminate points of entry for water and air.
- **Call an environmental clean-up contractor.** In extreme cases, a home's occupant might not be able to perform all these mold reducing tasks quickly to bring mold under control. These circumstances may include water damage from floods, extremely neglected or buildings damaged through fires and natural disasters and through malicious acts, or other situations that may put unwanted extra moisture in your home. If this is the case, call an environmental clean-up contractor to work with a general contractor who can assess the situation, figure out a quick clean-up strategy, along with any additional repairs that may need to take place.

For more information, contact:

On mold reduction strategies:

Department of Natural Resources and Environment
Environmental Office Air Quality Program
All districts: 1-320-532-4704

On health effects of prolonged mold exposure:

Department of Health and Human Services Public Health Office
District I Office: 1-320-532-7776
District II Office: 1-218-768-2389
District III Office: 1-320-384-0149

Think Spring, Think Safety!

Spring is quickly approaching (crosses fingers) and now is the time for all of us to reflect on wildfire safety and the role we play in protecting our families and our communities. Any wildfire has the potential to destroy lives, homes and other natural resources that support the Band as a whole. Our community can make a difference! Together we can reduce the number of human-caused fires.

The Mille Lacs Wildfire Prevention Program, working in conjunction with Mille Lacs Department of Natural Resources/Environment, is going to focus on three areas this year:

- **Education:** We will offer educational opportunities at Nay-ah-shing School and all Headstarts to teach children about fire safety. It is even more important for parents to teach their children to respect fire and to respect the natural resources that are so precious to the people of this community.
- **Home Assessments:** You may see Mille Lacs Forestry and Fire Prevention staff out and about in the community during the summer. We will be evaluating the wildfire safety of homes on the Reservation and talking with residents about steps they can take to improve the survivability of their homes in the event of a wildfire.
- **Law Enforcement:** Any wildfire that is suspected of being human caused will be investigated by a wildfire arson investigator. Individuals found responsible for starting wildfires will be held accountable to the full extent of the law.

Also, please get a burn permit and check the fire danger level before burning.

If you would like a Home Assessment or if a parent feels that their child may need some extra attention with wildfire education and safety, they can contact Bradley Harrington in the Wild Fire Prevention Program at 612-803-2969.

As winter starts to fade, or in this case last FOREVER, remember to think spring...and...think safety! Miigwetch

Interested in submitting to the *Inaajimowin*?

The deadline for the June issue is May 15th.

Send your submissions and birthday announcements to Andy McPartland at andy@redcircleagency.com or call 612-372-4612.



Child Support Update

For all clients picking up checks please remember you are required to have a photo ID to pick up checks. Do not depend on the Child Support staff to vouch for who you are because the policy is for everyone to have a photo ID. Our office will be adhering to the policy requirement of having a photo ID before we will release checks.

Any Child Support not picked up or that we haven't been asked to hold by the client will be placed in the mail on the Friday of the check issuing week at 2:30 p.m. To make other arrangements for picking up checks please contact our office in advance.

Early check pick up requests: There is absolutely NO possibility for early Child Support check disbursements. Our office processes the checks for disbursements as soon as they are made available to us.

Change of address forms are available in our office and we ask that clients be proactive and complete the address changes in advance to avoid payments being delayed when the mailing address isn't correct. Our office will send the forms out by request.

As a reminder, Child support obligations are court orders and when payers are on supervised probation or parole it is a condition of their release to be law abiding which includes paying court ordered Child Support. If payers are unable to maintain their court-ordered obligations they should contact their Child Support workers to discuss their options and avoid violating their probation or parole.

Central Lakes College Offering Summer Courses at Mille Lacs Tribal College Site

The Mille Lacs Tribal College in collaboration with Central Lakes College is offering three great entry-level college classes this summer at the new Tribal College site at Nay Ah Shing High School. Reading I, Pre-College Math and Computer Basics will be offered on a Tuesday-Thursday schedule. Keep your long weekends in the summer but still attend college. For call dates and times please contact Millisa Kingbird at 320-532-4595, ext. 2302 or Camille Naslund at 320-532-4695, ext. 2301. For additional information on Central Lakes College, contact Counselor Suzie Karsnia at 218-855-8015.

Public Health Department

The Department of Public Health would like to thank everyone who coordinated, helped, and participated in the Community Health Needs Assessment, which was held April 1-5.

Approximately 648 people completed the surveys throughout all of the districts.

- District I = 423
- District II-A = 66
- District II = 48
- District III/Hinckley = 111

"Public Health would like to try to thank all individuals who assisted in this huge project and we are trying to do our best to thank each individual for their time and commitment," said department director Lisa Blahosky.

Additional kudos goes to:

- Ginger Weyaus, Executive Director, HHS for support and assistance throughout this entire project.
- Melanie Garbow from the Diabetes team for providing excellent food for all five sites.
- Mary Simon for allowing us to use the school to conduct the District I surveys.
- Everyone at the Boys and Girls Club for providing child care.
- The Family Service staff who assisted in many districts.

"Last but absolutely not least I would like to thank the entire Public Health Department for their commitment and dedication," said Lisa. "I am truly honored to be a part of this team."

Community Cleanups

Brian Scheinost Director of Public Works

District II, East Lake, McGregor, Minnewawa, Sandy Lake and Isle – Saturday, May 4th through Friday, May 10th. Note: Roll-off locations will be reduced to areas that can be monitored. Hours of operation will be 8:30 a.m. to 4:30 p.m. Monday through Friday, and 9 a.m. to 4 p.m. Saturday and Sunday. Roll-offs will be placed at the East Lake Maintenance facility for District II and Isle Community Center for District II-A.

District III, Lake Lena and Hinckley – now Friday, May 3rd. Note: Roll-off locations will be reduced to areas that can be monitored. Hours of operation will be 8:30 a.m. to 4:30 p.m. Monday through Friday, and 9 a.m. to 4 p.m. Saturday and Sunday. Roll-offs will be placed at the following locations: Earthworks building located on HWY 48, 2 miles east of Hinckley Casino; the Maintenance building in Lake Lena across from Aazhoomog Community Center; and at the cul de sac at Wise Owl.

Anyone receiving curbside pickup must have their pile at the end of their driveway.

Please contact Public Works at 320-532-7433 if you have any questions or concerns about the 2013 spring cleanup!

Band Member Legal Aid

Band Member Legal Aid will be hosting outreach dates at the community centers in Districts II, II-A, and III.

May 15: East Lake
June 5: Isle
June 19: Lake Lena

Ace the Interview

Tawnya Stewart Mille Lacs Band Member & Guest Columnist



Before going on a job interview there are several things a candidate must do. See the list of tips below and you're set to ace the interview.

Research the company: Most candidates do not spend enough

time learning about the company. Set up Google alerts to help you learn about the company. This will impress your interviewer(s).

Research the interviewers: Use LinkedIn or Google to research the interview panel.

Study your resume: Make sure you can respond to any questions related to your resume.

Practice, practice, practice: Participate in mock interviews with friends or family, it's always good to practice, no matter how much experience you have. This will help you come across relaxed and prepared.

Prepare: To ensure you know where you're going, drive

to the interview location prior to the day of your interview. Always arrive at least 15 minutes before your interview.

Be positive: Be courteous to all that you meet and encounter. Show enthusiasm during the interview

process as employers like candidates with a positive approach. Never talk negatively about a past employer or boss.

Manners matter: Shake hands with the interviewer or others involved in the hiring process. Before the interview starts, build rapport by thanking the team for their time and let them know how much you appreciate this opportunity.

Be organized: Carry extra copies of your resume and questions in a portfolio.

Be prepared: Talk about why you're the right person for the job.

Answer the questions to the best of your ability. Most employers ask more behavior-based questions rather than reviewing employment history. Be prepared to talk about your work accomplishments, projects and work relationships. Today, employers want to know if you have had success in completing tasks and getting along with others. It's okay to discuss a work conflict and talk about how you resolved the issue. It's okay to brag a bit during your interview, this process is made to determine if you are a fit

for the company and team. You will spend 52 weeks with these people so they want to make sure you fit. You are also interviewing the company to make sure it fits for you too, so remember interviewing is a two-way process.

Don't be a jabber jaw: Listen and answer the questions. Always check to see if the interviewer needs more information.

Other tips:

- Don't chew gum.
- Don't wear too much perfume or cologne.
- If you smoke, don't do it before your interview.
- Dress professionally and make sure you look your best. Get a haircut. Make sure fingernails are clean, neat or manicured.
- Prepare after-interview questions, so when your interviewer asks you if you have questions you have five to seven questions prepared. Type them so you are able to read them. Ask for business cards.
- Don't discuss salary unless asked.
- Be sure to thank the interviewer for their time. Always send a thank you to each person you interview within 48 hours. It is acceptable and appropriate to send an email.

Note: Rejection is a part of the process. You may get a call or email but always be professional. Even if you're not selected, you may be a candidate for a future position.



Powwow for Hope: Dancing for Life, Love & Hope

Saturday, May 4, from 11 a.m. – 9 p.m. at YWCA Midtown

MC: Murphy Thomas. **Co-MC:** David Larsen. **Arena Director:** Kirk Crow Shoe. **Head Dancers:** Kristy Montry and Robert Desjarlait. **Confirmed Drums:** Ringing Shield (host), White Earth Boys (co-host), Ain Dah Yung, Bear Medicine Singers, Eyabay, and Stonebridge Drum. **Special Guests:** Senator Al Franken and Sisseton - Wahpeton Desert Era Veterans Group.

Schedule

11 a.m. Doors Open

12 p.m. Silent Auction starts

1 p.m. Grand Entry

2 p.m. Honoring Survivors

4 p.m. Honoring Caregivers

5 p.m. Feast, Silent Auction Ends

6 p.m. Hand Drum Contest

7 p.m. Grand Entry

8 p.m. Jingle Dress Special

9 p.m. Closing Ceremony

Teams have started, but it's not too late to start! Visit the website for Team information & downloads: www.powwowforhope.org. This special powwow is a fundraiser to support cancer education and supportive services for American Indian communities. Sorry, there are no honorariums available. The planning committee and AICAF staff are hard at work planning this wonderful event. We hope you are able to join us.

Wanted: Youth Powwow Dancers

**Be a contestant at the 47th Annual Mille Lacs Band
Traditional Powwow Royalty Contest**

Held August 16-18, 2013

Must be:

- 6-18 years of age
- Mille Lacs Band member, or
- Direct descendant of a Mille Lacs Band member

Jr. Brave & Jr. Princess — 6-12 years of age

Sr. Brave & Sr. Princess — 13-18 years of age

Deadline to sign up is August 2, 2013, but we recommend that you sign up early so you have plenty of time to complete your required tasks for your points.

For more information and application packets contact Chasity Gahbow at 320-532-4742, e-mail: Chasity.Gahbow@millelacsband.com

TRIBAL NOTEBOARD

Happy May birthdays:

Happy Birthday **Jazzy** on 5/1 from Rae and Waylon. • Happy 25th Birthday **Brittany J. Wind** on 5/1 from Mom, Dad, Silas, Diamon, Owen and OJ. Love you Britt. • Happy Birthday **Jeff Matrious** on 5/3. Love your wife Toni. • Happy Birthday **Johnny Boyd** on 5/3 from Danell & Jay, Ashley, Willie, Landon, B-Boy, Kiki, and Grams. • Happy Birthday **Ashley Boyd** on 5/3 from Danell & Jay, Ashley, Willie, Landon, B-Boy, Kiki, and Grams. • Happy Birthday **Randall (Dawg) Sam** on 5/4 from Rachel and Babe. • Happy Birthday **Beebs (Jarv)** on 5/5 from Antie Rae and Waylon. • Happy Birthday **Darryl Smith** on 5/5! With love: Heather, Lance, Daniel, Thomas, and Tyler Virnig. • Happy 21st Birthday **Jarvis Harrington** on 5/5 from Mom, Shelby, Jacob, Penny, Max, Aidan, Aiva, Mark, Emory, and Jamie. • Happy Birthday **Albert Rabanales, Jr.** on 5/5 from Grams. • Welcome home and Happy Birthday to **Valerie Boyd** on 5/9. Love Mom, Dad, Valerie, Scam, JBeater, Dayaunna , Morgan and Tanya. • Happy Birthday **Shubber Duck (Shel)** on 5/9 from Antie Rae and Waylon. • Happy Birthday **Shelby Harrington** on 5/9, with love from Mom, Max, Aidan, Jarvis, Jake, Penny, Aiva, Mark, Emory, and Jamie. • Happy Birthday **Bill** on 5/9 from a secret admirer. • Happy Birthday **Dale Day** on 5/10 from Antie Shirley. • Happy Birthday **Leoniece** on 5/11 from Antie Rae and

Waylon. • Happy Sweet 16th Birthday **Racquel Dorr** on 5/11 from Auntie Star and the kids. • Happy Birthday **Marky Gerry** on 5/12 from Antie Rae and Uncle Waylon. • Happy Birthday **Doll (Randi)** on 5/12 from Rachel and Waylon. • Happy 5th Birthday **Mark Doust** on 5/12, with love from Mommy and Daddy, Grandma Tracy, Grandma Carla, Grandma Karen, Papa John, Papa Bear, Shelby, Nicole, Jarvis, Penny, Aiva, Emory, Max, Aidan, Melodie, Sharon, Ravin, Wally, Buddy, Cordell and Jamison. • Happy Birthday **Rick** on 5/13 from your housesitter and family. • Happy Birthday **Samantha Pewaush** on 5/13 from Dad, Steph, Yaya, and Lump. • Happy Birthday **Richard and Rachel** on 5/14 from Mom, Step-dad, Kelia, Railei, Jeremy, Candace, and Cyrell. • Happy Birthday **Jasper** on 5/15 from Daddy, Jess, Cici, Poose, Hevin, Rachel, Waylon, and Grandma Chick. • Wishing a Happy Birthday to **Cherly Jones** on 5/15 from Dawn Siquina and the rest of the Jackson famo! • Happy Birthday **Sarah Boyd** on 5/18. Love Mom, Dad, Valerie, Scam, JBeater, Dayaunna , Morgan and Tanya. • Happy Birthday **Amy Rabanales** on 5/18 from Grams. • Happy Birthday **Taylor** on 5/19 from Antie Rae, Uncle Waylon, an Papa, Val & kids, Brad & kids, Jay & kids, Bruce & girls, and Antie Randi. • Happy 18th Birthday **Robyn Virnig** on 5/20! We are so proud of your accomplishments! With love: Heather, Lance, Daniel, Thomas ,and Tyler Virnig. •

Happy Birthday **Sunshine Shingoe** on 5/21 from Grandma June and Grandpa David. • Happy Birthday **Elizabeth Smith** on 5/21 from Mom and Dad. • Happy Birthday **Uncle Pheel** on 5/23 from Rae and Waylon. • Happy Birthday **Shawna** on 5/23 from Lenore, Tyson, Eva, Jeff and Jon. • Happy 11th Birthday **Jacob Palomaki** on 5/24, my favorite great nephew. From Ella and Quinny to. • Happy 5th Birthday **Thomas Virnig** on 5/25! With love: Mommy, Lance, Daniel, Tyler, and Robyn Virnig. • Happy Birthday **Joshua and Jordan Smith** on 5/25! With love: Heather, Lance, Daniel, Thomas, and Tyler Virnig. • Happy Birthday **Valerie** on 5/27 from Rachel and Waylon. • Happy Birthday **Jasmine Smith** on 5/27 from Grandma June and Grandpa David. • Happy Birthday **Cyrell B.** on 5/29 from Mom Candace, Dad Ernie, Grandma Marlys, Grandpa Anthony, Uncle Richard, Aunt Rachel, Kelia, Railei, Jeremy, Grandpa Joe, Grandma Carrie, Maddy, Joseph, and Great-Grandma Shirley. • Happy Birthday **Cassandra and Crystal** on 5/29. Love Mom, Grandma Lynda, Auntie Bridget, Uncle Wendell, Leslie, Jennifer, Mary, and all your cousins. • Happy Birthday **Auntie Cassandra** on 5/29, with love from Leighnah Garbow. • Happy Birthday **Mom Crystal** on 5/29. Lots of love, your daughter Leighnah Garbow. • Happy Birthday to our **Daddy Christopher (Jaagaab) Boswell** on 5/29. We miss you very much and we'll be so happy when we

see you again! Love your lil princess Christa-Elena Michelle, handsome Carter Blu, step-daughter Rileh Emme, and Elaine. • Happy Birthday **Cyrell Boyd** on 5/29 from Danell & Jay, Ashley, Willie, Landon, B-Boy, Kiki, and Grams. • Happy Birthday **Mariah** on 5/31 from Antie Rachel and Uncle Waylon.

Happy May birthday to Mille Lacs Band Elders!

Merlin Anderson
Alvina Mae Aubele
Elisse Joanne Aune
Brenda Lee Beaulieu
Maurice James Boyd
Anthony Joseph Davis
Virginia Joyce Davis
Dale Wesley Day
Edna Mae Day
Winona Evens
Lorraine Farah
Dale Allan Garbow
Geraldine Ann Germann
Harry Lee Granger
Gertrude Inez Hanson
Robert Lewis Heinze
Allen Wayne Hemming
Patricia Jackson
Clarabell Kruse
Vera Pauline Mager
Ramona Lynn Martin
Mitchell Lee Matrious
Dominic Walter Mayotte
Janelle Arlene Meehl
James Roger Mitchell
Pauline Veryl Mitchell
Lawrence Leonard Moose
Ardith P. Morrow
Lorraine Marie Nickaboine
Donald Eugene Olson
Patricia Regguinti
Frederick Raymond Shingobe
Geraldine Marie Shingobe
Beverly K. Sutton
John Sutton
Betty Jane Quaderer
Victoria Joy Verkennes

Herbert Weyaus
Sarita Inez White
Larry James Wind

Happy belated birthdays:

Happy Belated 1st Birthday to **Punkins Bentley** on 4/3 from Grandma Carrie, Zachary, Jerry, Kira, and Mom. • Happy Belated Birthday to **Aiva Doust** on 4/26, with love from Mommy & Daddy, Grandma Tracy, Grandma Carla, Grandma Karen, Papa John, Papa Bear, Shelby, Nicole, Jarvis, Penny, Aiva, Emory, Max, Aidan, Melodie, Sharon, Ravin, Wally, Buddy, Cordell and Jamison.

Other Announcements:

Happy anniversary to my wife **Melissa Boyd** on 5/20. Love from your husband Rodney Boyd, Jr. • Happy anniversary to **Rodney & Melissa Boyd** from the Boyd family. • Big sister Liberty Porter is thrilled to welcome her sister, Isabelle Grace to the world. Isabelle was born on April 4. Proud parents are Freedom and Shannon Porter, grandmothers are Carmen Weous and Beverly Sutton.

Submit Birthday Announcements

Send name, birthday and a brief message that is **20 WORDS OR LESS** to Andy McPartland at andy@redcircleagency.com or call 612-372-4612. *The deadline for the June issue is May 15.*

MAY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	<div>1</div> <div>DIII Valleyfair Trip Sign-up Reminder</div> <div>Contact Jenelle Kingbird</div> <div>320-384-6240.</div> <div>Deadline: May 24</div>	2	3	<div>4</div> <div>Powwow for Hope: Dancing for Life, Love & Hope</div> <div>11 a.m. – 9 p.m.</div> <div>YWCA Midtown</div>
<div>5</div>	<div>6</div>	<div>7</div>	<div>8</div> <div>Minor Trust Financial Planning Seminar</div> <div>10 a.m. – 2 p.m.</div> <div>Grand Casino Mille Lacs; Reservations required:</div> <div>320-532-7466</div>	<div>9</div>	<div>10</div> <div>Ceremonial Dance: Lee & Larry</div> <div>Lake Lena</div> <div>Wewinabe Early Education Center</div> <div>Closing at 12:30 p.m.</div>	<div>11</div> <div>Ceremonial Dance: Lee & Larry</div> <div>Lake Lena</div>
<div>12</div>	<div>13</div>	<div>14</div> <div>Daddies & Donuts</div> <div>8:30 a.m.</div>	<div>15</div> <div>Band Member Legal Aid Outreach</div> <div>10 a.m. – 2 p.m.</div> <div>East Lake</div> <div>DIII Comm. Meeting</div> <div>5:30 p.m.</div> <div>Aazhoomog Community Center</div>	<div>16</div>	<div>17</div> <div>Ceremonial Dance: Joe & George</div> <div>Mille Lacs</div>	<div>18</div> <div>Ceremonial Dance: Joe & George</div> <div>Mille Lacs</div>
<div>19</div> <div>Chief Executive's Elder Trip</div>	<div>20</div> <div>Chief Executive's Elder Trip</div>	<div>21</div> <div>DI Family Activity Night</div> <div>5:30 p.m. – 7 p.m.</div> <div>Wewinabe Early Education Center</div> <div>Chief Executive's Elder Trip</div>	<div>22</div> <div>Chief Executive's Elder Trip</div>	<div>23</div> <div>DII Comm. Meeting</div> <div>5 p.m.</div> <div>East Lake Community Center</div>	<div>24</div> <div>Ceremonial Dance: Melvin & Perry</div> <div>Mille Lacs</div> <div>Wewinabe Early Education Center</div> <div>Closing at 12:30 p.m.</div> <div>DIII Valleyfair Trip Sign-up Deadline</div>	<div>25</div> <div>Ceremonial Dance: Melvin & Perry</div> <div>Mille Lacs</div>
<div>26</div> <div>American Indian Art Market</div> <div>11 a.m. – 4 p.m.</div> <div>Mille Lacs Indian Museum</div>	<div>27</div> <div>Memorial Feast</div> <div>11 a.m.</div> <div>Cemetery in Aazhoomog</div> <div>Memorial Day Powwow</div> <div>Noon – 5 p.m.</div> <div>Mille Lacs Indian Museum</div>	<div>28</div> <div>DII Head Start Graduation</div> <div>Call 218-768-3311 for details</div>	<div>29</div> <div>DI Head Start Graduation</div> <div>10:30 a.m.</div> <div>Nay Ah Shing Graduation</div> <div>6 p.m.</div> <div>High School Gym</div>	<div>30</div> <div>Urban Area Comm. Meeting</div> <div>5:30 p.m.</div> <div>All Nations Indian Church</div> <div>DIII Head Start Graduation</div> <div>Call 320-384-6240 for details</div>	<div>31</div> <div>Ceremonial Dance: Niib & Mushkoub</div> <div>East Lake</div>	<div>1</div>

What Are You Doing This Summer?

NATIVE AMERICAN SUMMER PROGRAMS IN DULUTH

Jessica Porwoll Community Program Specialist at University of Minnesota Medical School

Native American high school and college students from Minnesota and across the country will be heading to Duluth, Minnesota to participate in free Center of American Indian and Minority Health (CAIMH) summer programs. Located on the Duluth campus of the University of Minnesota (UM) Medical School, CAIMH offers summer camps and programs for Native American students who are interested in learning more about health careers and preparing for college. One summer camp and two summer programs will be offered this year.

The Stepping Stones to Health Careers camp

Runs from July 7th–12th and/or 14th–19th and is for current 8th, 9th, 10th and 11th graders. Students learn how to get ready for college and see what it is really like by staying in the dorms, eating in the dining center and participating in daytime activities. Evenings include fun Duluth attractions like a Huskies game, boat ride on Lake Superior, and Spirit Mountain's adventure park! All housing and meals are paid by CAIMH.

High School Super Stars

Running from June 17th–July 26th, this is a six-week summer program where students learn about college and health careers while working in teams with doctors to experience how they think through medical questions and diagnose patients. Students also get the opportunity to

participate in fun wellness and cultural activities throughout the program and receive a stipend for successful participation.

Native Americans into Medicine program

Running from June 17th–July 26th, this is a six-week opportunity for college students. Students in this program learn more about medicine and other health careers, while strengthening their skills in Chemistry, Anatomy and Physiology, Research, and Math. NAM students receive a stipend for their successful participation.

Students in each of these programs have the opportunity to meet Native American medical students and healthcare professionals, while also touring local hospitals and clinics, preparing for college, and meeting new friends.

CAIMH and the University of Minnesota Medical School Duluth have offered support for Native American students interested in exploring health professions for nearly 40 years. Because of this support, UM is second



in the nation, among more than 140 medical schools, in graduating Native American physicians.

Want to learn more? Visit www.aimh.umn.edu, email aimh@d.umn.edu or call 218-726-7235.

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millelacsband.com



Heating, Water, and Maintenance Problems?

During normal business hours, tenants in Band rentals and Elders living within the service area should call 800-709-6445, ext. 7433, for work orders.

After business hours, tenants with maintenance emergencies should call 866-822-8538 and press 1, 2, or 3 for their respective district.

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

JUNE 2013 | VOLUME 15 | NUMBER 6



BAND MEMBERS EARN MASTER'S DEGREE

PAGE 4

ART GAHBOW
BUILDING
DEDICATION

TRIBAL COLLEGE TO
EXPAND OPPORTUNITIES
FOR BAND MEMBERS

JUNE
POWWOW
SCHEDULE

NEW WAYS TO
HELP STAY SAFE IN
SEVERE WEATHER

MESSAGE FROM THE CHIEF EXECUTIVE



MELANIE
BENJAMIN
CHIEF EXECUTIVE

What a relief to see spring replace our hard and long winter! Those Band members who garden must have finished tilling the soil for the fall harvest. I was able to plant a couple of vegetables and flowers myself.

Here are two more signs of Spring: completing the Fun Run with the Nay ah shing students and, of course, commencement ceremonies! Congratulations to all who just graduated from high school, college or technical school. You bring honor to all of us with your achievement. I was especially proud to attend the University of Minnesota-Duluth Tribal Administration and Governance Master Program commencement. Seven of our Band Members received their Master's: Sam Moose, Joe Nayquonabe, Pete Nayquonabe, Becky Houle, Crystal Weckert, Carol Shaw and Shelly Day.

I was invited to speak at the Johnson O'Malley American Indian Graduation Banquet. Congratulations to our graduates from Isle: Samantha Benjamin, Brandon Boyd and Ricardo Reilly. From Nay Ah Shing: Kayla Cash, Marquita Eagle, Felicia Mitchell and Amber Shingobe. From Onamia: Anthony Calkins, Clay (James) Kalk, Darius Sam and Antoinette Stone.

For me the highlight of the banquet was the speech by Benjamin Sam, College of St. Scholastica student. Ben talked about transitioning from a small school to a large university and how his focus changed. He talked about having passion for what you do, giving 100 percent in everything.

We've held cabinet meetings recently with the Commissioners on how services are provided to Band members based on the strategic plan, implementation of the State of the Band address initiatives, and the budget for

the next two years. At the shareholder's meeting, Joe Nayquonabe, Commissioner of Corporate Affairs, gave a quarterly report and highlighted the responsibilities of the Corporate Commission.

Tribal officials met with Governor Mark Dayton in St. Paul in April. It's a good thing that he takes time to talk about issues on each reservation, but I'm hoping that in the future he'll schedule meetings with tribes on an individual basis. Sure, we all have similar issues throughout the state, but we also have issues that are unique to the individual bands.

The first of two Elder trips was completed, this one to Las Vegas. Over 200 Elders signed up for the trip. A drawing was conducted and 100 Elders were selected to attend the trip. After the initial planning, the announcement was mailed to the Elders.

I met with Curt Kalk, Secretary Treasurer, and John Gerdner, Commissioner of Finance, and was informed that the trip would have to be adjusted to meet IRS requirements based on a December 2012 correspondence from the IRS. The IRS ruling said that the trip's "fair value" has to be listed on the individual's tax form under "gross income," and a form 1099 would be issued. The trips are excluded from i

come and aren't taxable, but their "fair value" has to be reported to the IRS.

The IRS requirements caused concern to many of our Elders and many canceled their participation on this trip. I feel bad that this had to happen but when the IRS is involved, rules have to be followed. Overall, the trip was fun. The staff took some Elders on a sightseeing trip to the Red Rock Canyon. Some went to Freemont Street or to the

Strip. Because of the large group, we stayed in two different hotels: Gold Coast and the Palms. Many of the Elders thought they would be able to have smoking rooms and that didn't happen. Did they complain about that!

I did some traveling, too. The Native American Finance Officers Association annual conference was held in Nashville on April 18. I addressed the NAFOA audience about building effective partnerships.

Fifteen tribal leaders from across Indian Country were invited to meet with Sally Jewel, Secretary of Interior, at her office in Washington, D.C. A memo to the Secretary from the Mille Lacs Band summarized our history and priorities. The memo requested "concurrent" criminal jurisdiction on reservation and off-reservation trust lands. All that means is that we would join with existing law enforcement groups, such as a sheriff department, to strengthen public safety. This would expand the types of crimes that are subject to federal jurisdiction, supplementing law enforcement services from Mille Lacs County and the Band at no cost to state or local taxpayers. The White Earth Band received approval for this arrangement recently from the U.S. Department of Justice.

We brought up the wisdom of the newly signed "Violence Against Women Act," which strengthens efforts to eliminate domestic and dating violence in Indian Country. The new law allows tribal governments to prosecute non-Indian defendants who assault Native women on tribal land. This measure is long overdue. While in Washington, we also met with Congressman Rick Nolan and Sen. Al Franken to discuss our concerns.

The last month held more than formal meetings. Every year at Aazhoomoog (Memorial Day), we have a large feast at the graveyard and I always attend. We worried that it was going to rain, but it didn't. At least 200 people were there including lots and lots of children. Lee Staples provided the talk.

"Congratulations to all who just graduated... You bring honor to all of us with your achievement."

— Chief Executive Melanie Benjamin

Starting with the workplace

Ending 'Lateral Violence' in Indian Country

Deborah Locke Staff Writer

The workplace can be the setting for a lot of destructive behaviors that reduce productivity, lower esteem, and make people miserable and angry. "Lateral Violence" has been identified in Indian Country as workplace behavior that creates an unhealthy environment. It happens at every level of employment and includes gossip, sabotage, misuse of power, and a simmering anger that has its roots in a history that includes boarding schools and the repression of spirituality.

So how is the pattern reversed? It won't happen overnight, said Willie Wolf, enrolled member of the Cheyenne River Sioux Tribe. Change happens best when it starts at the top of an organization and filters down. "Change begins when we change ourselves, our families, our work units and then the whole organization," he said. "It's a sign of good tribal leadership to take the lead and I liked seeing that here. When change starts at the top, the messages are reached by everyone faster."

Willie knows what he is talking about: he's trained more than 10,000 people on how to recognize lateral violence and end it. He received an award for his healing abilities in 2006 from the International Indigenous Conference in Albuquerque, NM. This spring Willie trained a group of supervisors, commissioners and tribal council members from the Mille Lacs Band at a two-day session in St. Paul. In this story, the history and characteristics of lateral violence will be covered; next month we'll look at ways to stop it.

In a telephone interview Willie said that use of the word "violence" in "lateral violence" isn't an exaggeration.

"It's emotional abuse when you cut a person down," he said. "Research shows that a verbal attack has a longer effect than a physical attack. A lot of it goes back to cultural oppression."

"When change starts at the top, the messages are reached by everyone faster."

— Willie Wolf

That's because the history of Native people in North America is the story of trauma. American Indians have suffered the loss of culture, history and identification and consequently, experience ongoing grief and crises. Boarding schools taught generations of Indians to keep silent, never trust, and to stuff their feelings. The impact carried forward to today's generation of young people who learned the rules of keeping silent, never trusting, and stuffing their feelings from the older generation. "It's hard to arrive at work and be a team player when you've been taught to not trust people," Willie said.

When an employee shows up at work in the morning, his or her personal issues arrive, also. Couple problems at home with a lack of trust, jealousy, and damaging rumor mongering at work and it's easy to see why absenteeism can be a big problem.

Part two of this story, which offers solutions to lateral violence, will appear in the next edition of the newspaper.



Whitney Harrington, Senator Al Franken, Charisse Cash, and Kirby Benjamin

Nay Ah Shing Students See Government "Close Up"

Amanda Westerlund Nay Ah Shing School Social Studies Teacher/Photographer

Nay Ah Shing High School was very proud to send three students to Washington, D.C. to participate in the Close Up Foundation program. In this program Charisse Cash, Whitney Harrington, and Kirby Benjamin traveled to our nation's capital to take an extensive tour, learn about how our government works, and discuss our nation's important topics. The girls also got to meet with Minnesota Senators Amy Klobuchar, and Al Franken and our Representative Richard Nolan. During these visits the students discussed many issues that affect the Native American population in their area. The students were also privileged to attend an Indian Affairs Committee meeting where they discussed the budget for Native American Tribes. Senator Al Franken sits on that committee and was adamant about gaining funds for rebuilding tribal schools in Minnesota. The girls also met and had debates about important issues facing our na-

tion with other students from around the country, toured the capital, and met many new friends. This trip was a great learning experience for all and Nay Ah Shing will continue to send students to participate in this amazing opportunity.

The students on their experience:

- Whitney Harrington: "It was a great opportunity to look at the government and learn more about it."
- Kirby Benjamin: "I learned more about politics and how they shape our everyday lives."
- Charisse Cash: "My political efficacy is higher than it has ever been. I now understand that I should get more involved in politics to get my voice heard. It was an amazing experience."



BAND MEMBERS EARN MASTER'S DEGREES FROM

"ONE OF A KIND PROGRAM" AT UMD

Toya Stewart Downey Staff Writer **Shena Matrious** Photographer

Seven Mille Lacs Band members helped make up the first class of graduates of the University of Minnesota-Duluth's inaugural cohort of the Tribal Administration and Governance program — the first of its kind in the nation.

The Band members, Sam Moose, Peter Nayquonabe, Joe Nayquonabe, Shelly Day, Carolyn Shaw, Becky Houle and Crystal Weckert, were among the 22 students who graduated with their master's degree in May.

Corporate Commissioner Joe Nayquonabe said he was excited about the program because it offered a great "crash course" in tribal administration and governance.

"It was fun to set the stage for the program as the first cohort and I think we are willing to take on a bigger challenge to set a good example for future tribal leaders," Joe said.

The master's program is a unique course of study that is geared toward people who work on reservations, some of whom may already serve in leadership roles, said Tadd Johnson, who helped create the program and serves as the director for the American Indian Studies Department at the Duluth campus.

The program combines elements of a public administration and business management degree and was based on a unique need that tribes and their members expressed — a best-practices approach to working on a reservation, said Tadd, who is a member of the Bois Forte Band of Chippewa.

"The most compelling thing that I learned was our history as Native Americans and how we ended up living on reservations," said Shelly Day, an administrative assistant in the compliance department for the Band's Gaming Regulatory Authority. "We ended up on reservations based on acts of Congress and court decisions that have greatly impacted our people."

Shelly said she hopes the knowledge she's acquired will help her find a way to help the Band meet its future goals and challenges.

Becky Houle shares a similar sentiment. "It will always be an honor to think of ourselves

as pioneers in this field of study," she said. "This program was the perfect complement to my math and business background and will allow me to use my strengths to better serve my tribe for years to come."

"The Mille Lacs Band has helped me achieve so many of my educational goals over the years and I feel more capable than ever to give back," said Becky, the Director of Internal Audit for the Band's Gaming Regulatory Authority.

Students took courses in federal Indian law and policy, leadership and ethics and tribal sovereignty, along with best practices in tribal accounting, finance and budgets.

**"I feel
more capable
than ever to
give back."**

— Becky Houle



Mortui Prosumus Vitae (“Even in death do we serve life”)

Arne Vainio, MD Family Practice Physician **Stephan Hoglund** Photographer

“My father is dying and I think he only has a day or two left. He’s getting really good care in hospice and my brother and I have been able to spend lots of time with him. There is something my brother and I have been thinking about and it’s something we really want to do, but we don’t know if it’s the right thing to do.”

“Tell me more.”

“He’s been a doctor and a teacher his entire life. He’s been a practical man and he doesn’t have any strong religious attachments to his body. We want to donate his body to the medical school so medical students can learn from him. I wanted to talk to you because my dad was a man of science and teaching and medicine was the essence of him. You are a man of science and I knew you would understand what this means.”

I understand exactly what this means. I have not thought back to my first year of medical school all those 23 years ago for a very long time. Medical school is grueling and the hours are long. Part of the curriculum is studying a human body in all its aspects in the anatomy lab. This

have been learning medicine since the beginning.

I don’t know what the other medical students in my group did before we started, but I put asemaa out and I thanked the creator for putting me in a position where I would be able to honor this gift and learn from someone else’s passing.

We listened to lectures, then we read about the heart and the cardiovascular system and then we went into the anatomy lab. There we studied the heart and looked into each chamber, carefully cut away the heart muscle to expose the valves and the coronary arteries. These are the arteries that get blocked when someone has a heart attack and several of the bodies had clots in those vessels and the heart muscle was damaged and scarred beyond those clots.

This is the same heart muscle that beats in each of us. Twenty four hours a day, seven days a week, three hundred and sixty-five days a year.

Assuming an average heart rate of 72 beats per minute, that works out to 4,320 per hour and 103,680 in a day, 725,760 in a week and 37,739,520 beats in a year. A heart beats somewhat less than 3 billion beats before it can beat no longer and there is no pump designed by man that can do better than that.

We listened to lectures and read about the lungs and respiratory system, then we studied them in the anatomy lab. The lungs are another miracle of nature and each of them has 300 million tiny air sacs called alveoli, 600 million total in both lungs. These tiny air sacs bring in oxygen and get rid of carbon dioxide, again, 24 hours a day, seven days a week, three hundred sixty-five days a year. If you could open each of these tiny sacs and lay them out flat side by side, the surface area would be about the size of a tennis court.

We never have to think about our next breath and it happens automatically. There is a French folk tale called Ondine’s curse. Ondine was a water sprite and she fell in love with a mortal man and he promised to be faithful to her and “every waking breath will be a testimony of my love”. But he was unfaithful to her and she cursed him so he would never be able to breathe without thinking of his next breath. He could never sleep and he could never do anything again except think about taking his next breath. He eventually fell asleep from exhaustion and died.

People with end stage emphysema from smoking sometimes spend their last days like that but for the most part we take this for granted. Several of the groups in the anatomy lab found lungs almost totally destroyed by smoking.



We listened to lectures on the digestive system and the liver and we read about them. Then we studied them in the anatomy lab. To hold a liver in your hands that was once an essential part of someone’s existence is a humbling experience. We cut sections through it to see how the ducts and lobules worked and filtered the molecules the intestines processed and sent to the liver. We studied the stomach and one of the groups found esophageal varices. These are veins that get huge when the liver becomes scarred with alcoholic (usually) cirrhosis and these can break and bleed. This bleeding is often fatal.

We spent a very long time listening to neuroanatomy lectures and we read about the brain and the spinal cord and the nervous system. In the anatomy lab, we were able to study the brain in detail and to see the convolutions on the surface. These ridges are there to make the gray matter of the brain have a larger **Continued on page 12**



The fact is medicine has made me more spiritual than ever. I see miracles every day and we all can if we only spend just a little bit of time looking.

means following every major nerve, every major blood vessel and every major organ system and studying them in detail.

There were four students working with the body we were studying and we didn’t know anything about him as a person. The medical school was very explicit that we were to carry ourselves with the utmost respect when we were in the lab with the body and we were to respect this gift that was given to us. This almost didn’t need to be said, but I’m glad it was. Very few people get the opportunity to study a body in detail and learn the anatomy as they learn the organ systems. There is no book, no video, no plastic model that can give the same experience. This is the way doctors

Katie Draper, Commissioner of Community Development

Toya Stewart Downey Staff Writer



Band member Katie Draper has been appointed the new Commissioner of Community Development.

As Commissioner, Draper will oversee the staff of the Community Development

Department to develop and implement programs that benefit the community. In addition to her broader duties, Draper hopes to develop tools and strategies to allow Band members to improve personal financial planning and management so that all Band members and their families are financially secure.

Chief Executive Melanie Benjamin called Katie an invaluable addition to the Band’s leadership team.

“She brings deep experience and commitment to improving the lives of Band members and this new position will allow her to make an even bigger impact on our community,” Melanie said.

Before assuming her new role, Katie worked for the Band’s Department of Government Affairs and in District III as an assistant to Representative Diane Gibbs.

Drop Everything and Read

Wendy Merrill Family Service Worker

April 25th was our “Drop Everything and Read” (D.E.A.R) Day at Wewinabe Early Education. We were promoting early literacy and this day is a special reading celebration to remind and encourage families to make reading together on a daily basis a family priority.

We had so much fun and we invited everyone to read to a child in our program. We had Elders, K-4 students from Nay-Ah-Shing, parents, and guardians reading together!



Interested in submitting to the *Inaajimowin*?

The deadline for the July issue is June 15th.

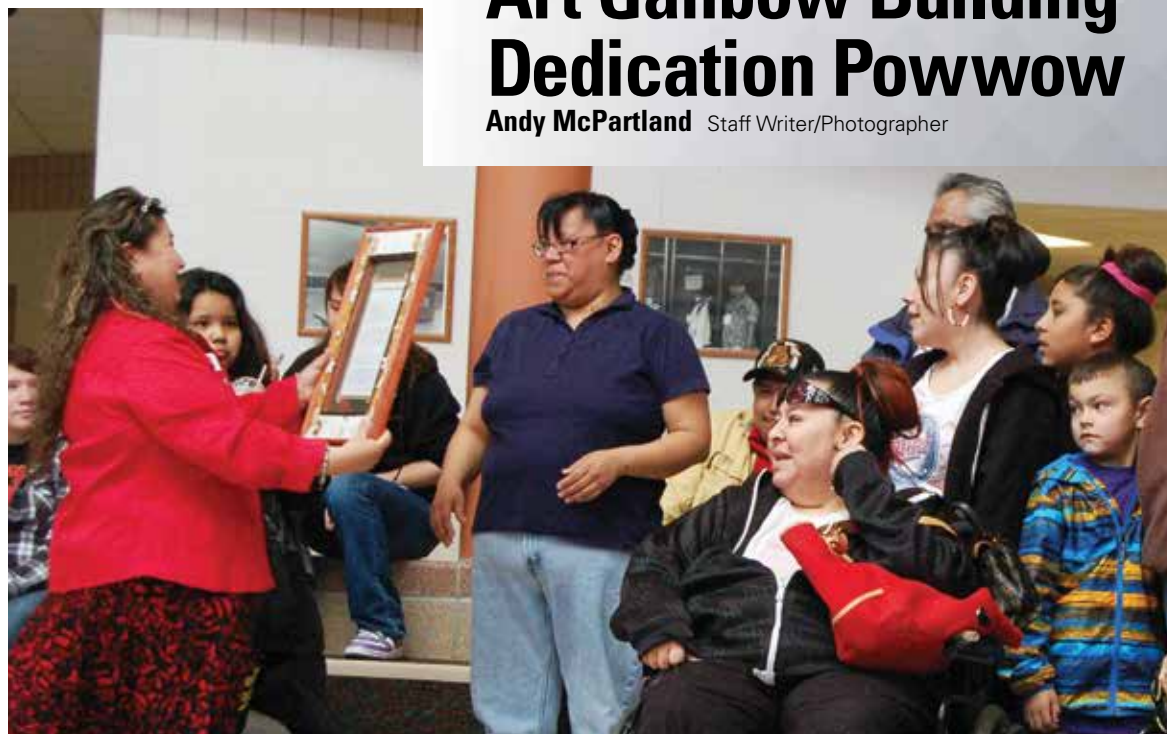
Send your submissions and birthday announcements to Andy McPartland at andy@redcircleagency.com or call 612-372-4612.



DISTRICT 1

Art Gahbow Building Dedication Powwow

Andy McPartland Staff Writer/Photographer



Commissioner of Education Suzanne Wise presents a plaque to Art Gahbow's family members at the ceremony



On April 26, the Department of Education sponsored a Community Feast and Powwow in recognition of Art Gahbow Day. As part of the event, the new Wewinabi Early Education Center building was dedicated in honor of the former Mille Lacs Band Chief Executive.

The name Wewinabi was chosen for the building because the programs there will help young Band members

learn Ojibwe traditions. Art's Ojibwe name was Wewinabi, meaning, “sitting right.” He was a proponent of education during his time in office, and the Nay Ah Shing School was opened under his leadership.

The event was attended by many of Art's family members, who helped dedicate the building in his memory.



Tribal College to Expand Opportunities for Band Members

Toya Stewart Downey Staff Writer

Not only has the Mille Lacs Band Tribal College undergone a name change and moved to a new site, it is also changing the way higher education will be done on the reservation in the coming years.

Now known as Anishinaabe College and located in the Nay Ah Shing Upper School, the college is on its way to becoming an accredited institution that will one day offer Associate of Arts (AA) degrees.

"We currently offer classes taught by Central Lakes College that are housed here, and we'll continue to do that next year," said Suzanne Wise, the Band's Commissioner of Education. "But our goal is to offer our own classes that are taught by our own professors that will result in students getting their AA degrees."

The students would then be able to transfer credits to other colleges across the state to continue pursuing their Bachelor of Arts degrees through articulation agreements that will be in place as the college is becoming accredited. The accreditation process takes about five years.

"We would like to hire a Band member to become president and we're hoping to do that later this year," Suzanne added.

In the meantime, the recently appointed board of directors is busy working on the mission statement and the vision statement that will be used to guide the college though its inception and beyond.

Suzanne said she expects 12 students will be in the first cohort as the college gets underway in the fall of 2014.

"By having a college right here on the reservation it will be accessible to Band members and their families," she said. "We will offer interactive TV classes online so they won't have to travel and that will make it easier for some people so they won't have to come from other districts."

Suzanne added that though the college is still in its infancy, tribal leaders are excited about the possibilities and what it will mean for students.

"Our goal is to have more and more college graduates as time goes by," said Suzanne. "We want to eliminate the barriers to obtaining a higher education."

"We want our schools and our college to be the hub of the reservation. We want people to feel comfortable going there. Through this process and creating an accredited college, we are expanding opportunities for Band members and their families."

Health and Human Services Commissioner Elected to Office on Midwest Indian Health Board

Deborah Locke Staff Writer



Sam Moose, Commissioner of Health and Human Services for the Mille Lacs Band, was elected vicechair of the newly formed Midwest Area Health Board.

The Board, which represents native communities in

Minnesota, Wisconsin and Michigan, first met in February 2013 in Washington, D.C.

Other elected members are Phyllis Davis, Gun Lake Tribe of Michigan; Carol LaPointe, Michigan Keweenaw Bay Indian Community; Randy Samuelsson, Lac du Flambeau, Wisconsin; Melinda Danforth, the Oneida Nation of Wisconsin; and Carri Jones, Leech Lake Band of Ojibwe, Minnesota.

The board's focus will reflect that of the National Indian Health Board, except on a smaller scale. The local board will inform state officials and medical providers from the Upper Midwest about local health issues.

"We'll be looking at policy issues, at state and federal programs, about sharing information and best practices," Sam said. The unpredictability of the federal budget has created concern about health care at reservations across the country. The budget and the impact of the Affordable Health Care Act on Medicare and Medicaid mean that changes are inevitable. The Board should help Indian communities stay abreast and even ahead of that type of change.

At least one federal initiative will be advantageous to American Indian tribes: the Affordable Health Care Act will allow more individuals to receive health insurance. If more American Indians are getting preventative care, for example, their health improves. An advantage to Indian health providers is this: their billings increase when more Indians are served.

"There will be more coverage and more people," Sam said. If a person in a tribal setting is uninsured or underinsured yet needs health services, the tribal health provider has to write off the cost.

The creation of the board increases the potential for collaboration and for the sharing of information. A lot of information filters to tribes throughout the country from Indian Health Services, and that's good, Sam said.

But it would be better if the knowledge right here at home were widely shared in spite of the geographical differences between communities, each with its own clinics, pharmacies and medical staff.



June Powwow Schedule

Lake Vermillion Traditional Powwow

Friday, June 14 – Sunday, June 16
Lake Vermillion Powwow Grounds
Website: boiseforte.com

Mountain Lake 79th Anniversary Powwow

Friday, June 14 – Tuesday, June 18
Mountain Lake, MN
Website: mountainlakemn.com

145th Annual White Earth Powwow

Friday, June 14 – Sunday, June 16
White Earth, MN – Tribal Grounds
Website: whiteearth.com/events

Waa Wiye Gaa Maag 9th Annual Traditional Powwow

Friday, June 21 – Sunday, June 23
South Lake, MN
Website: llojibwe.com

22nd Annual Grand Celebration Powwow

Friday, June 21 – Sunday, June 23, All Day Event
Grand Casino Hinckley – Powwow Grounds
Website: grandcasinomn.com



Summer Food Service Program

Nay Ah Shing School is participating in the Summer Food Service Program. Meals will be provided to all children, ages 1-18, without charge. Meals meet nutritional standards established by the U.S. Department of Agriculture (USDA). Acceptance and participation requirements for the program and all activities are the same for all regardless of race, color, national origin, gender, age or disability, and there will be no discrimination in the course of the meal service. Meals will be provided at the following sites and times:

Nay Ah Shing High School: 43651 Oodena Drive, Onamia, Minnesota 56359; 320-532-4695.

Breakfast will be served Monday through Friday, 8:30 a.m. – 9:30 a.m. Lunch will be served Monday through Friday, 11:30 a.m. – 12:45 p.m. Adults may purchase meals for \$3.00 for Breakfast, and \$4.00 for lunch. Adults may not eat from their children’s trays, and all food must be eaten at the school.

Mille Lacs Band of Ojibwe			
Summary of Expenditures and Financing Uses:	Approved Budget for FY 2013	Expenditures through 4/30/2013	% of Budget Expended
Administration (1)	12,595,370	6,654,913	52.8%
Workforce	16,909,971	3,281,884	19.4%
Judicial	1,444,526	438,357	30.3%
Law Enforcement	5,591,298	2,471,576	44.2%
Education	18,076,476	9,752,101	53.9%
Health and Human Services	23,187,861	9,424,856	40.6%
Circle of Health Insurance	7,637,383	6,559,444	85.9%
Natural Resources	6,984,493	3,582,862	51.3%
Community Development	38,732,171	9,120,882	23.5%
Gaming Authority	5,081,873	2,689,019	52.9%
Bonus Distribution	33,422,774	30,927,949	92.5%
Nelson Act Distribution	3,765,221	3,754,032	99.7%
Economic Stimulus Distribution	3,025,000	2,999,000	99.1%
Total	176,454,417	91,656,875	51.9%
(1) Administration includes chief executive, administration, finance, legislative, government affairs, and district operations.			
(2) The amounts above do not include casino operations. However, they do include government operations funded by casino distributions.			
(3) The Mille Lacs Band of Ojibwe has its financial statements audited every year by an independent public accounting firm. Audit reports from previous years are available for review at the government center upon written request.			
(4) Economic Development appropriations have been excluded as of October 31, 1997.			
As of October 1, 1997, The Band has separated accounting functions for the Corporate Commission from the tribal government.			

Child Support Update

What Are the Responsibilities of the Non-Custodial Parent in a Child Support Case?

- Cooperate with establishing paternity for the child by Recognition of Parenthood or genetic testing
- Respond to requests from the Child Support program for proof of income (if no income information is provided it will be imputed to determine the obligation amount for the order)
- Appear in all court proceedings to present your case information to assist with setting obligation amounts
- Know who your Child Support case manager is and their contact information
- Know what county or tribal Child Support program has your case
- Report any contact information updates to the Child Support office
- Know how payments are calculated and disbursed
- Be aware of fees or interest your case is accruing
- Stay in contact with your Child Support worker with employment or other financial updates
- Work with the Child Support office to enter into a repayment agreement to rectify arrears balance and avoid negative enforcement remedies
- Pay attention to billing statements to make sure payments are accurate
- Exercise your right to a full case review every 22 months
- Stay involved in your Child Support case from opening to case closing

Public Health Department

“The Path Towards Accreditation”

The Mille Lacs Dept. of Public Health is in the early stages on the path towards accreditation from the Public Health Accreditation Board (PHAB). The recent Community Assessment Survey that many of you participated in was one of the first steps. Based on results of the survey we will be able to better assess the needs of each community. Results will be published and readily accessible. We plan on attending community meetings in each district to discuss the results and answer questions. Dates for the presentations will be published in future Band newsletters.

The next step on the path to accreditation will be to determine the top issues from survey results, and work towards developing a Community Health Improvement Plan. While the journey may be long and require a lot of effort, we will continue to forge ahead!

Elder Loan Changes

Recently the Band Assembly made some changes to simplify the Elder Loan Program. It is the Band Assembly’s desire to streamline the loan process for Elders who may need to borrow on a short-term basis.

The Band may loan up to \$500 to a Band Elder payable over a six month term. The loan may now be paid back out of the Elder’s monthly bonus distribution payments up to \$85.34 per month, provided the Elder has the available borrowing capacity in his/her bonus distribution payments. If the Elder defaults on a payment because of other garnishments or withholdings, the Elder must now wait one year after final payment before he/she can borrow again. Previously, elders could not have payments withheld from their bonus distribution payments and needed to pay off the loan separately through others means.

For additional information, please contact Pam Boyd, loan specialist, in OMB at 532-7467.

Circle of Health Update

We are moving! By July 1, 2013, the Circle of Health offices will be located at the Ne la Shing clinic. New cards will have to be created and issued, and we ask for your patience as information on the back of your cards will change.

Circle of Health will be a program soon to be overseen by the Benefit Health Administrator. This new position will oversee Circle of Health and Indian Health Services/ Contract Health service staff. In addition, this new position will accumulate, analyze, and initiate changes in relation to the Affordable Care Act (ACA). The ACA will definitely impact how we assist Band members with signing up and acquiring coverage.

The Mille Lacs Tribal Community, currently as a recognized sub-group, will also be evaluated to identify what best meets the needs of our band members. Please continue to follow our monthly updates.

Full time Student Descendant Coverage: Circle of Health is requesting proof of full time student status for your first line descendant child/children over 18 years of age. That proof can be the Education Plan from the

New Ways to Help Stay Safe in Severe Weather

A Q&A with Barb Benjamin, Urban Administrator and Tribal Emergency Response Committee member

Deborah Locke Staff Writer



Everyone should know where to go in the house if a storm is brewing and have supplies on hand like flashlights, water, and a battery powered radio.

Where do most people get news about severe weather in their community?

A lot of people today get news online, rather than from newspapers or television. Facebook has more than a billion users, there are more than 550 million Twitter accounts.

What are the advantages to an organization of using social media outlets to get messages out?

The cost is minimal, and sending a message takes little time.

Who pays attention to social media?

The younger generation makes up the primary audience for social media through their Facebook, Twitter and texting activities. It's smart for organizations to keep that in mind because the ways to communicate today include more than just radio or television announcements.

What kind of emergency messages should go out via social media?

Just about any kind of an emergency message could be conveyed by social media, from a school closing to a tornado. In the most extreme cases, tornadoes pose huge safety challenges since not all homes located on the reservation — or even in an urban area — have basements.

Severe weather has been predicted for this spring and summer. How do we prepare for that?

Have a bookmark on your webpage for the county you live

in. The news about weather conditions will appear there first and give you instructions on what to do.

Consider this also: Add an application on your cell phone that warns you that bad weather is on its way. Each family needs to have its own plan in place. The first step is to have a contact person who should be called by everyone who could be affected. Have family members program the contact's phone number into their cell and use it when an emergency pops up.

If there isn't time to call or prepare, what do we do?

Take cover immediately. Everyone should know where to go in the house if a storm is brewing, to a basement or to an inner room of the house. Be sure to take your pets with you, along with pet food. Every home should have flashlights, a battery powered radio, jugs of water, non-perishable food, blankets, and a

basic emergency medical kit complete with a few medical supplies. Call everyone to one location, take your emergency kit and wait it out.

What is meant by "shelter in place?"

It means to take shelter no matter where you are and to move fast. People in cars are at severe risk. Stop your car, get out and lie face down in a ditch. Never try to outrun a tornado. If you are at home, run to the basement or an interior room.

Congratulations to the Urban Office Team



Misizaagaigining chi odena memengwag, for their stellar efforts in support of the American Indian Cancer Center Foundation's Powwow for Hope. The team raised \$600 in donations. Way to go!

Urban Area Meeting

Toya Stewart Downey Photographer



Chief Executive Melanie Benjamin addresses crowd at the Crowne Plaza



Urban Area Band members

Administration Advisory Committee

The Administration Department is seeking Band members to participate on an Advisory Committee that will examine a multitude of topics related to the Department's work.

Band members who have financial or administrative experience are encouraged to participate. The committee will meet quarterly and the first meeting is scheduled for July.

The Administration department directly oversees Human Resource, Grants, Information Systems, Tribal Employment Rights Office (TERO), Governmental Affairs, Department of Labor, Tribal Child Support, Self-Governance and Circle of Health.

An example of topics of examination include: how health care benefits will be impacted as the Affordable Care Act is implemented in October 2013. What changes are we to expect within the current benefits being offered? How does this change the new subgroup created, the Mille Lacs Tribal Community? Will there be areas of savings in collaboration with Circle of Health?

Interested parties should call Peter Nayquonabe, Commissioner of Administration, at 320-532-7480 or Michele Palomaki, Assistant Commissioner of Administration, at 320-532-7530 or submit a letter of interest to angel.oehrlein@millelacsband.com.

TRIBAL NOTEBOARD

Happy June birthday to Mille Lacs Band Elders!

Mary Ann Ailport
Donald Ray Anderson
Randall Wayne Anderson
Ronald Dale Anderson
Shirley Ann Beach
Arvina Marie Benjamin
Shirley Jane Boyd
David Bradley, Jr.
Clifford Kenneth Churchill
Sherry Elaine Colson
Brenda Lee Day
Simon Eugene Day, Jr.
Ellagene Diane Dorr
Peter Jerome Dunkley
Rosetta Marie Eagle
Roberta Mae Fox
George Allen Garbow, Jr.
Melanie R. Garbow
Marilyn Ann Gurneau
Monica Louise Haglund
Bruce Duane Hansen
Devona Lee Haskin
Catherine Hedstrom
Shirley Ann Hillstrom
Gwendolyn Holmes
Robert Dwaine Kegg
Marlowe James LaFave
Kathy Anne Lathrop
LeRoy Joseph Mager
James Matrious
Robert Wayne Mayotte
Clarence Moose
John Gene Morrow
Georgia Louise Nickaboine
Joel Jay O'Brien
Alof Andrew Olson, Jr.
Gordon Gail Parr
Patricia Pindegayosh
Alan Duane Ray
Charlene Ann Shingobe
Charles Duane Shingobe
Warren Skinaway
Frances Staples
Francine Wanda Staples
Pearl Anne St. John
Judy Ann Swanson
Ann Marie Thalín
Arlene Rene Weous
Loris Marie White
Judy Jo Williams

Happy June birthdays:

Happy 5th Birthday **Tayaunna Boyd** on 6/1. Love Mom, Lydell, McKayla, Dad, Papa Ronnie, Gramma Gladys, Uncle Rol, Rol, Jr., Uncle Sud, Ashley, Aunty Meal, Uncle Lance, T-Rex, Tierra and LaDarius. • Happy Birthday **Tayaunna Boyd** on 6/1, with love from Auntie Tammy, Brandon, Brandi, Grant, Elias, TANK, Alizaya, and Rico. • Happy 50+ Birthday **Debbie Mitchell** on 6/2 from Katie, Destiny, Lil' Wax, and Doreen. • Happy 2nd Birthday **Carter Crannell** on 6/2, with love from Grandma D, the Thompson boys, and the rest of the family. • Happy Birthday **Gretchen** on 6/2 from Cassandra and Travis. • Happy Birthday **Carter Crannell** on 6/2 with love from Mommy, Daddy, and Corrina. • Happy Birthday **Carter** on 6/2, with love from Papa and Grandma. • Happy Birthday **Grandma D** on 6/2, with love from Baby Carter, Sarah, Greg, and Corrina. • Happy Birthday **Gretchen** on 6/2 from Auntie Karen, Cousin Crystal, and Leighnah. • Happy 2nd Birthday **Carter Crannell** on 6/2 from Gram and Papa. • Happy 2nd Birthday **Baby Tootle** on 6/2 from Auntie Brandy. • Happy Birthday **Ravin** on 6/3 from Antie Rae and Waylon. • Happy Birthday **Charles Shingobee, Jr.** on 6/3 from your kids Sam, Dan, Charles III, Hunter, Elvis, Amber, Sunshine, and granddaughter Emma. • Happy Birthday **Gilda Burr** on 6/3 from Debs and Leonard. • Happy Birthday **Gilda Burr** on 6/3, with love from Carrie,

Zachary, Jerry, Kira, Renae, and Bentley. • Happy Birthday **Nai Nai** on 6/4 from Antie Rae and Waylon. • Happy Birthday **Brenda Mitchell** on 6/4 from Katie, Destiny, Lil' Wax, and Doreen. • Happy 4th Birthday **Roland (Niizhoogwaneb) Smith, Jr.** on 6/4. Love Dad, Papa Ronnie, Gramma Gladys, Aunty Desi, Lydell, McKayla, Tayaunna, Uncle Sud, Ashley, Aunty Meal, Uncle Lance, T-Rex, Tierra and LaDarius. • Happy Birthday **Roland Smith, Jr.** on 6/4, with love from Auntie Tammy, Brandon, Brandi, Grant, Elias, TANK, Alizaya, and Rico. • Happy Birthday to my **Auntie Loris** on 6/5. Love You, Anna & Family. • Happy 10th Birthday **Elvis Smith** on 6/7 from Grandma June, Grandpa David, and Hunter. • Happy Birthday **Elliot Smith** on 6/7 from Mom, Dad, Elvis, Hunter and his kids Ethan, Jasmine, and Tyrese. • Happy Birthday **Addison Breth** on 6/7 from Granny and Papa Kev. • Happy Golden Birthday **Stina Pike** on 6/7. Love Mom, Kevin, Gramma, Uncles Jon and Adam, and Anna. • Happy Birthday **Spidey** on 6/8 from Katie, Destiny, Lil' Wax, and Auntie. • Happy Birthday to **Pickle** on 6/8, with Love, Auntie Anna and Family. • Happy 9th Birthday **Jake Sam** on 6/8 from Uncle Dust and Smuge. • Happy Birthday **Brandon Mitchell** on 6/8. Love Mom, Mataeo, Carmelena, and Jessica. • Happy Birthday **Joel R. Shaugobay** on 6/8. Love always, Mom. • Happy Birthday **Craig** on 6/9 from Rachel, Waylon, Cj, Jordy, Max, Aidan, Tony, Arielle,

Nick, and girls. • Happy Birthday **Sherry Harrington** on 6/9, with love from Mamaz, Gabbi, Shawntel, Sissy Pooh, Zachary, Jerry, Kira, Renae, Bentley, and Joel. • Happy Birthday to my husband **Rodney Boyd, Jr.** on 6/9. I love you! From your wife Melissa, Asia, and Aaralyn. • Happy Birthday **Witty Wisters (Cassandra Hill)** on 6/11. Love sis Kelly, nephew Tecer, and Grandma. • Happy Birthday **Aiden Breth** on 6/12 from Granny and Papa Kev. • Happy Birthday **Christina** on 6/13 from Rachel & Waylon. • Happy Birthday to my beautiful daughter **Christina Marie** on 6/13, with lots of love, Mom! Also from Clay, Stace, Cilla, Waylon, Lisa, Tehlisse, and Kiley! • Happy Birthday **Vince** on 6/13, with love, Auntie Anna and Family. • Happy Birthday **Vince Stobb** on 6/13, with love from Auntie Tammy, Brandon, Brandi, Grant, Elias, TANK, Alizaya, and Rico. • Happy 8th Birthday **Mataeo "Tato" Mitchell** on 6/13. Love you lots: Grandma Deb, Daddy, Auntie Jessica, Uncle Sean, Auntie Amber, Myles, and Carmelena. • Happy Birthday **Fabian** on 6/14. Love Mom, Dad, Ian, Dedric, Nengwa, and Remigio (Javi). • Happy Birthday **Vince (Vinny Mac) Stobb** on 6/14. Love Dad, Mom, Desi, Lydell, McKayla, Tayaunna, Rol, Sr., Rol, Jr., Camille, Lance, Terrell, Tierra, LaDarius, Suddy, and Ashley. • Happy Birthday **Uncle Wyatt** on 6/15, with love from Baby Carter. • Happy Birthday **Sasha** on 6/16 from Cassandra and Travis. • Happy Birthday **Mathew**

Eagle on 6/16. Love from Mom, Kierra, all your nieces, nephews, brothers, and sister. • Happy Birthday **Mom** on 6/17. Have a good day from Autumn, Katryana, Lynnaya, and Travis, Jr. Love you! • Happy Birthday **Brandy Oswaldson** on 6/18, love Mom. • Happy Birthday **Roland Smith, Sr.** on 6/18. Love your son Roland, Jr., Mom, Dad, April, Desi, Lydell, McKayla, Tayaunna, Camille, Lance, Terrell, Tierra, LaDarius, Suddy, and Ashley. • Happy Birthday **Steven Hanks** on 6/18. Love Gladys, Ron, and family. • Happy Birthday **Auntie Brandy** on 6/18, with love from baby Carter. • Happy Birthday **Roland Smith, Sr.** on 6/18, with love from Auntie Tammy, Brandon, Brandi, Grant, Elias, TANK, Alizaya, and Rico. • Happy Birthday **Aidan** on 6/20 from Rachel, Waylon, Daddy, Cj, Jordy, Max, Tony, Arielle, Nick, and girls. • Happy 2nd Birthday **Aidan** on 6/20, with love from Mom, Grandma Tracy, Grandma Karen, Papa Bear, Jarvis, Jacob, Penny, Aiva, Emery, Mark, Max, Melodie, Sharon, Raven, Wally, Buddy, Cordell, Jameson, Nicole, and Jamie. • Happy Birthday **Candi** on 6/20 from Mom, Stepdad, Cyrell, Rachel, Kelia, Railei, Richard, Jeremy, and Sara. • Happy Birthday **Suzanne Wise** on 6/21. Love Gladys, Ron, and family. • Happy 19th Birthday **Chance Nickaboine** on 6/21 from you mom Dana. • Happy Birthday **Arianna Jackson** on 6/22, with lots of love from Elijah, Isaiah, Jerod, and Mommy! • **Continued on page 11**

JUNE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10 DIII Annual Valleyfair Trip Valleyfair	11	12	13 Fatherhood Night 5 p.m.–7:30 p.m. Wewinabi School	14 Ceremonial Dance: Tim & Tom, East Lake	15 Ceremonial Dance: Tim & Tom East Lake
16	17	18 Urban Area: Anangoog Nandoné Awards	19 Legal Aid Outreach 10 a.m.–2 p.m., DIII Comm. Center Chiminsing Bingo 6 p.m., Chiminsing Comm. Center Graduation Recognition Ceremony Noon, Grand Casino Conv. Center, Biboon Rm.	20	21 22 nd Annual Grand Celebration Powwow All Day Event Grand Casino Hinckley Runs from June 21–23	22 Urban Area: Elder Fishing Trip Birch Bark Harvest Workshop 12 p.m.–4 p.m., Mille Lacs Indian Museum. Must Register by June 19: 320-532-3632
23 Urban Area: Elder Fishing Trip Wrap Up Meeting Birch Bark Harvest Workshop 10 a.m.–2 p.m., Mille Lacs Indian Museum. Must Register by June 19: 320-532-3632	24 Health Heart 10:30 a.m., Chiminsing Comm. Center	25	26 District II-A Comm. Meeting 5:30 p.m. Chiminsing Comm. Center	27 District II-A Sobriety Feast 5:30 p.m., Chiminsing Comm. Center Urban Area Comm. Meeting 5:30 p.m., All Nations Church	28	29 Submit Birthday Announcements Send name, birthday and a brief message that is 20 words or less to andy@redcircleagency.com or call 612-372-4612. <i>The deadline for the July issue is June 15</i>
30	1	2	3	4	5	

Happy Birthday **Lance** on 6/23 from Rachel and Waylon.

- Happy Birthday **Jessie Anderson** on 6/23 from your crazy Aunt Sherry Nielsen.
- Happy Birthday **Tammy Smith** on 6/24, with love from Brandon, Brandi, and Grant.
- Happy Birthday **Gramma Tammy** on 6/24, with love from Punky, TANK-O, Sissy Bear, and Rico Swabs.
- Happy Birthday **Mom** on 6/26 from Doreen.
- Happy Birthday to my We'eh **Roger Garbow, Jr.** on 6/28. Love we'eh Gladys, Uncle Ron, and family.
- Happy Birthday **Juni** on 6/28, with love from Auntie

Tammy, Brandon, Brandi, Grant, Elias, TANK, Alizaya, and Rico.

- Happy Birthday **Tiffany** on 6/29. Love Craig, Tori, Mom & Dad, Animoosh & Maximus Greenway.
- Happy Birthday **Big John** on 6/29 from Auntie Tammy, Brandon, Brandi, Grant, Elias, TANK, Alizaya, and Rico.
- Happy Birthday **Tammy** on 6/30 from Rachel, Waylon, Kelly, Jess, Mandy, Janie, Cici, Poose, and Panties.
- Happy Birthday **Kayla** on 6/30 from Cassandra and Travis.
- Happy Birthday **Kayla** on 6/30 from Mom, Grandma Linda, sisters, and niece Leighnah.

- Happy Birthday **Christina**, love your sister, Cilla.
- Happy 3rd Birthday **Alizaya Jo Wagner** with love from Mommy, Grant, Elias, TANK, Rico, Gramma Tammy, and Uncle Brandon.

Happy belated birthdays:

Happy Belated Birthday **Joseph Eagle** on 5/31. Love you from Mom, tt, Makiah, Joella, your wife Chanda, all of your nieces, nephews and family members.

Other Announcements:

Congratulations to **Amber Shingobee** for receiving her high school diploma on May 8. We are very proud of you! From Grandma June, Grandpa David, Mom, Dad, Hunter, Elvis, Sam, Dan, Charles, Sunshine, Uncle Elliot, Uncle David, Aunt Elizabeth, Grandpa Shingobee, and family.

- Happy 2 year wedding anniversary on June 17 to Michael and Judith Shaugobay-Hirsch, from Torri and little Michael.
- June 26 would have been your

birthday. We will always remember the fun times we had and the great memories. Love you more than words can say. To the best mother ever! Beatrice June Mitchell — Gone but never forgotten. Love you Debbie, Doreen, Robert, Alan, Amy, Beth and all your grandchildren and great grandchildren.

- Congratulations to all 2013 grads, especially the Master of tribal government graduates: Sam Moose, Carol Shaw, Crystal Weckert, Becky Houle, Shelly Day, Peter and Joe Nayquonabe, Jr. — Joe Nayquonabe



Three Mille Lacs Elders recently made 30 blankets for the Wewinabi school to use for nap time. Miigwech! Pictured (L-R): Maggie Kegg, Susan Shingobe, and Carol Nickaboine.

Veteran and Active Duty Family Flags



We are currently seeking out Mille Lacs Band families that intend to honor a family Veteran and/or Active Duty Band members by flying their US flag at the upcoming

an and/or active duty military personnel we will require the following:

- the name of the Veteran and/or Active Duty Band member
- rank
- years of service
- Military Service; and/or
- Military Operations

If you do not have access to the internet please leave a message and the required information, along with your name and contact number, with Carla Big Bear at 320-532-7517.

Deadline to confirm your intentions is Friday, July 19, 2013!

47th Annual Mille Lacs Band of Ojibwe Traditional Powwow, August 16-18, 2013!

Please confirm with Tony Pike at email Tony.Pike@millelacsband.com, if your family intends to present its U.S. flag to be raised for the duration of the Traditional Powwow weekend. To ensure that we properly identify and honor each flag for the appropriate veter-

Continued from page 5

Mortui Prosumus Vitae

surface area and still fit within the confines of the skull. To actually be able to feel the membranes that separate the brain into sections and to see and follow the blood vessels inside the brain itself locks this important anatomy into your own brain.

The brain is the seat of our consciousness, the source of our creativity, the well of our compassion and the birthplace of our ability to give and receive love.

We can understand the neural pathways of the brain and can find the nerve tracts that carry the impulses from one part of the nervous system to the next. We can see the huge optic nerves and see how much of the brain is dedicated to our sense of sight.

I am a man of science and I always worried that medical school and the amount of knowledge I would have to process would drown my spiritual side and make me see only facts.

The fact is medicine has made me more spiritual than ever. I see miracles every day and we all can if we only spend just a little bit of time looking.

Is giving this gift the right thing to do?

Dr. Blum was a teacher and his life was dedicated to science and medicine.

This could well be one of his greatest and most enduring lessons.

Arne Vainio, MD (Mille Lacs Band of Ojibwe Member) is a family practice physician on the Fond du Lac Ojibwe reservation in northern Minnesota.

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millelacsband.com



Heating, Water, and Maintenance Problems?

During normal business hours, tenants in Band rentals and Elders living within the service area should call 800-709-6445, ext. 7433, for work orders.

After business hours, tenants with maintenance emergencies should call 866-822-8538 and press 1, 2, or 3 for their respective district.

Bonus Distribution Notice

July bonus distribution payments will be distributed in all districts on Tuesday, July 2, due to the July 4th holiday.

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

JULY 2013 | VOLUME 15 | NUMBER 7



District III Maintenance Technicians (L-R):
Russell Thomas and Lionel Richey.

FOCUS ON HOUSING

BUILDING A FOUNDATION

PAGE 6

MILLE LACS
POWWOW
OPPORTUNITIES

LAKE LENA WOMEN'S
SOFTBALL TEAM WRAPS
UP THIRD SEASON

POWER OF
ATTORNEY
PRIVILEGES

PART II: ENDING
'LATERAL VIOLENCE'
IN INDIAN COUNTRY

MESSAGE FROM THE CHIEF EXECUTIVE



MELANIE
BENJAMIN
CHIEF EXECUTIVE

Most of my columns to you each month describe developments that have an impact on Band members, like the St. Paul hotel purchases. Or they are about local events like the Memorial Day picnic or Elder trips.

This month I will focus on only two topics. First is regarding former Chief Executive Marge Anderson, who passed away on June 29, 2013.

Then I would like to focus on the Band's future, which rests in the hands of our young people including the Mille Lacs Band 2013 high school and university graduates.

Like so many of you reading this, I was sad to learn of Marge's passing. We knew each other for a long time. I knew her as an effective advocate for the Band who led

It was under her leadership as Chief Executive that we ended the management agreements and successfully took over full management of our casinos. John Teller, a Wisconsin Tribal Chairman, came up with the idea for the Midwest Alliance of Sovereign Tribes – but it was Marge and her staff that got the organization up and running.

As Art Gahbow laid a foundation for the direction of the Band, so did Marge. We follow their example today in the protection of tribal sovereignty, in the diversification of our businesses, in imagining that coming seventh generation of Band members whose future success depends on our wisdom in governance today. Art nominated me as Commissioner of Administration in 1989 and Marge nominated me in 1993. She gave me the freedom to make my own decisions and I always appreciated that.

Marge is in the thoughts and hearts of many people these days. My condolences to her family.

Like Marge, I give a lot of speeches to a lot of different audiences. It just comes with the job. One of the best audiences ever is made up of our Mille Lacs Band graduates and their families and friends.

Last month's deadline for this newspaper kept me from highlighting a few thoughts from the Nay Ah Shing School commencement. So I'll catch up now. It is such a joy each year to see the students in their robes and the proud faces in the audience. I was honored to address the group and talked about drums, following your heart, and courage.

As Ojibwe people, we listen to the drum, which reflects the heartbeat of the people. If we listen to ourselves down deep, we can learn our purpose in life and pursue it. Many young people – and older people too – have not figured out their purpose. That's OK. The time spent learning your strengths is time well spent.

To learn those strengths, follow the journey described as a "hero's journey" by writer Joseph Campbell. Campbell advised people to find the one thing that makes them really happy, and to pursue it.

Pursuit takes courage, and that includes the courage to fail, pick yourself up and start over. Our people have a long history of pursuit and courage. The Ojibwe traveled from the East Coast hundreds of years ago to a place where food (wild rice) grew on water. They suffered through hard winters and lots of government opposition

to their pursuits, but they prevailed. Their courage assisted them in making dreams come true.

That was my last point during the speech: courage. We have the blood of heroes in our veins. We can show greatness through unwavering strength and through kindness. I hope each graduate uses his or her talents and strength to give back to our community.

We celebrate our graduates of all ages as they step into their futures. One day the young people will be the cherished Elders who tell the stories of their journeys. They will assume the leadership roles the way Marge Anderson did. They will prepare their young people so the community survives and flourishes, and the next seventh generation has something to look forward to.

Marge often mentioned her appreciation for flowers, and she often stopped at greeneries. In her memory, enjoy this season with its bounty of color!



Much like her mentor, Art Gahbow, Marge Anderson laid a foundation for the direction of the Band.

it through both rough and smooth waters. Often she said that the future of the next seven generations of her people depended on the actions taken at that moment.

If others see the Band today as innovative, it's partly because of Marge and the creativity of her staff. But you know, she would not take too much credit for the success of our gaming enterprises or for the outcome of the U.S. Supreme Court decision that reinforced our fishing and hunting traditions. Those were but two of her achievements.

Instead, Marge would look to her mentor, former Chief Executive Arthur Gahbow, and remind everyone that the foundation for success was laid way back in the 1960s, thanks to the wisdom of that generation of Elders.

August Issue

The August *Inaajimowin* will include a special section dedicated to former Chief Executive Marjorie "Marge" Anderson.

The section will include photos and memories and will highlight accomplishments Marge made during her career as Chief Executive for the Mille Lacs Band of Ojibwe.

We are seeking input from Band members, Band employees, family, friends and others who wish to honor Marge in this special edition.

Please send a short 50-word or less statement about Marge sharing your thoughts and memories to andy@redcircleagency.com by Monday, July 22. Include your name and relationship to Marge.

We are also seeking photos we can reprint. Please deliver those to Shena Sawyer at the Government Center along with your contact information so we can return them to you.

Be Careful When Giving Out Your Power of Attorney Privileges

There are times when a person may need to rely on another person to help make choices and decisions about their financial affairs, health care matters or legal issues.

This arrangement is typically done through a legal channel called a "Power of Attorney," and it gives the legal rights to a designated individual to act on behalf of a person.

Here is general information about Power of Attorney as well as information to consider. It is important to exercise caution regarding which responsibilities are assigned within a Power of Attorney. Following are a few things you can do to protect yourself if you must use this option.

- Always select a person who is both trustworthy and financially responsible. Be very careful whom you select.
- Never sign a Power of Attorney if you can avoid it.
- Before you sign the form, carefully study it and consider what responsibilities you will need the person to do for you.
- Likewise, consider what you do not want them to do.
- When filling out the form, be specific. Always keep

a copy of the form for yourself, so that you know exactly what responsibilities you gave within the agreement.

- Determine the expiration date when the arrangement will end. Do not leave it open forever. If you will only need it for a month or two, while you are in the hospital or incarcerated, put the end date in the expiration space.
- Power of Attorney can be extended if needed, but individuals should be forewarned that it can last indefinitely. This can cause problems if the holder, unbeknownst to you presents it months or years later after you thought it expired.
- The Power of Attorney form can be tailored to fit your specific needs. Items can be crossed out.
- Individuals can include notes on the form or add information. Adaptions to the form are designed to protect you.
- Always seek receipts of transactions that the person with the Power of Attorney made while in control of your accounts, finances or legal matters.



Individuals can include notes on the form or add information to protect themselves.

- Power of Attorney privileges can be stopped before the determined expiration date. However, you must take appropriate steps that include filling out a revocation form and presenting the form to your designated person and the departments and entities that worked with your designated person.
- Request that the person who served as Power of Attorney on your behalf return the original form.
- Keep copies and receipts of all paperwork related to Power of Attorney.

If you have any questions about this information, please contact Kathy Heyer at 320-532-7472 or Jana Sam at 320-532-7467.

Sticking to a Dream

Business student graduates with top honors

Deborah Locke Staff Writer

Jenelle Kingbird, mother of two boys, onetime waitress and skin care specialist, had a dream. She would graduate from college and work in an office.

On May 16, Jenelle, of District III, graduated with a 3.77 grade point average — or highest honors — from Pine Technical College in Pine City, Minnesota. She's now working in an office as Administrative Assistant to District III representative Diane Gibbs.

Jenelle, 28, believes that if you have a dream and stick to it, you will reach your goal. She doesn't think she's all that special. Her brother, Shawn Kingbird, disagrees.

The degree made her a stronger and more confident woman, Shawn said. "She proved that it's never too late to do what you want to do, kids or no kids," he said. "We watched her flourish, and would tell her that she could do this, to stay focused."

That focus and family support helped steer Jenelle through the more difficult academic classes such as college algebra and statistics. Fortunately, Pine Technical College has small classes and enthusiastic teachers who help students work past obstacles.

"They want you to succeed," she said. The 1,849-student college offers day care assistance and flexibility with scheduling.

Jenelle's favorite class was ethics. Student discussions covered tough topics like genocide. Her days were crowded with class, home-

work, a part-time job, laundry, cooking, housework, getting her sons to bed, and then more homework. But she made it work, and knew that the example she set of finishing a degree was a good example for sons Jon "Bubba," age 8 and Andre, 5. Jenelle grew up in a family of 15 which gave her a built-in support system. Family members sometimes cooked a meal or watched the boys while Jenelle studied for exams.

She did not graduate with her high school class and received a GED in 2002. Jenelle started work as a waitress at the casino's Grand Grille at the age of 15 and did that work until she was 21. The waitress work was followed by completion of a four-month curriculum in "aesthetics" or skin care while living in Blaine, and then a return to Hinckley in 2007. She worked at the Grand Casino spa for a while but started to think of other careers. Now she's thinking of completing a four-year degree and maybe graduate school afterward.

Younger brother Shawn believes those goals are achievable. His sister became a strong role model for everyone who knows her and showed that determination trumps obstacles, Shawn said.

"Whatever is meant for me will come with time. I will go down the right path," Jenelle said.

For more information on Pine Technical College, see www.pinetech.edu



POWWOW OPPORTUNITIES

Carla Big Bear Mille Lacs Band Traditional Powwow Committee Co-Chair

Chad Germann Photographer

The Mille Lacs Band's Traditional Powwow on August 16-18 is one of the largest traditional powwows in Minnesota. The powwow attracts thousands of dancers and more than 2,000 spectators each year. There are several opportunities for Band members to participate and volunteer at the powwow.

Royalty contestants

Band members or descendants of Band members ages 6 to 18 can compete to become a Princess or Brave Royalty. The deadline to sign up is August 2, but the earlier you sign up, the more time you will have to accumulate points. To sign up, contact Chasity Gahbow, royalty coordinator, at 320-532-4742.

Tournaments

The powwow will include an adult horseshoe tournament and Moccasin Games. Start practicing because winning teams will collect cash prizes. Teams can register at the powwow grounds during powwow weekend.

Parade contestants

You can also create a float for the annual parade. Entrance is free, and the top three floats and rez cars win a cash prize. In addition, each Band department competes for a rotating trophy. We also need three parade judges. If you are interested in being in the parade or serving as a judge, please contact the parade coordinator Rob Thompson at 320-532-7841 or Rob.Thompson@millelacsband.com.

Artists and food vendors

The committee is seeking vendors of authentic Native American products and food to set up booths at the powwow. Contact Rob Thompson at 320-532-7841 or Rob.Thompson@millelacsband.com to register.

Powwow committee member

Each year Band members and employees are invited to volunteer for the powwow committee. If you are interested in joining the committee, attend an upcoming powwow meeting.

- July 23 at 5:30 p.m. at the New media room in the Government Center

- August 6 at noon at the New Media Room in the Government Center
- August 13 at 5:30 p.m. at the powwow grounds

Veteran and Active Duty Family Flags

We are currently seeking out Mille Lacs Band families that intend to honor a family veteran and/or active duty Band members by flying their U.S. flag at the powwow.

Please confirm with Tony Pike at Tony.Pike@millelacsband.com, if your family intends to present your U.S. flag to be raised for the duration of the Traditional Powwow weekend. To ensure that we properly identify and honor each flag for the appropriate veteran and/or active duty military personnel, we will require the following:

- the name of the veteran and/or active duty Band member
- rank
- years of service
- Military Service; and/or
- Military Operations

Deadline to confirm your intention is Friday, July 19, 2013.

If you do not have access to the internet please leave a message and the required information, along with your name and contact number, with Carla Big Bear at 320-532-7517.

Dance Specials

The Traditional Powwow Committee will be hosting a few dance specials during the weekend of the powwow. These specials will be announced and posted at the powwow grounds during the weekend of the powwow.



New Commissioner Excited to Help Her Community

Toya Stewart Downey Staff Writer

When Katie Draper was considering whether she would accept the role as Commissioner of Community Development, she thought long and hard about how her life could change.

But what she spent more time thinking about was how as the commissioner she could make positive and long-lasting changes that could have a great impact on the community.

It was at that moment that Katie knew, even though there would be challenges in her new role, the opportunity was the right one for her.

"The Anishinaabe way is that we take care of each other and are respectful of people," said Katie. "I think that the Community Development department does that in many ways, but I think we can do it better and I would like to help us get there sooner.

"We have to adhere to our policies that hold people accountable and make our communities safer, but I think sometimes our messages come across as adversarial rather than on the side of the community. We want to change that perception," she said.

For example, she said the department may consider changing the tone of its correspondence to clients to make it friendlier in nature so that it will be better received by the recipient.

"Even if what we're telling people isn't news they want



Katie Draper, the new Commissioner of Community Development, is looking forward to making positive, long-lasting changes within the department.

to hear, there may be a way to do it in a way that makes them feel respected and that we care for their well-being."

Another change she would like to see is that the department has a more proactive approach in its work rather than a reactive response to situations.

"If we see that a tenant has a hard time paying their bills by requesting emergency loans on a regular basis, that is a signal for us to reach out and find a way to help them," Katie said.

One idea is that the Community Development department could help create workshops that would teach tenants in Band-owned homes how to budget their finances so they are able to meet their monthly obligations.

Katie, who has a background in finance, worked at

a federal credit union before she began working for the Band. During her time there, she helped develop budgeting classes for members. She saw firsthand how those classes helped individuals who participated and believes the department could do something similar.

"I would like to encourage more self-sufficiency," said Katie. "I want to strengthen the home loan ownership program.

"We could build people up, help with credit repair and get people to a point where they can own their own house," she said. "To do this though, we have to work together. There has to be mutual respect from both our department and the community."

To help make her goals a reality, Katie said she is relying on the strength of the Community Development team. She says the team does good work and is committed to the

department's success because they know that ultimately the work they do impacts the community in a positive way.

"Everyone has a voice and we all have rights and responsibilities, but it all comes down to looking out for one another," Katie said. "People have to pay their rent. Band housing isn't free and it costs the Band money when people

don't take care of their property. That impacts others in the community.

"I strongly believe that if everyone helps take care of each other just like we were taught to do by our ancestors, it will help make a difference."

"We have to adhere to our policies that hold people accountable and make our communities safer."

— Katie Draper

District II Congratulates Local Graduates

On June 13, the District II Parent Committee held a dinner celebrating their graduates. Students from Head Start through college were honored for their academic achievements with food, cake, awards, and gift cards. Congratulations to all!



COMMUNITY DEVELOPMENT OVERVIEW

The Community Development department strives to provide development and improvement services that promote safety, security, and cultural sensitivity while building communities. This infographic is designed to show the roles of the Community Development staff and the responsibilities of the department. It also provides a look at Band-owned housing options and where those homes are located.



Budget Overview

3.9% PUBLIC WORKS BUDGET

This budget pays for plowing in the winter, mowing Band roadsides in the summer, new road construction, department staff, equipment, and road maintenance.

62% HOUSING INITIATIVE BUDGET

This budget is from the allocation plan and is money that is set specifically for structural improvements in the community. This budget manages the home loan program, 60 housing renovation projects going on this year, new construction, engineering, architectural design, plats of subdivisions, and staff wages for all districts. This includes payment to contractors who do services for the Band within Community Development.

5.5% FACILITIES BUDGET

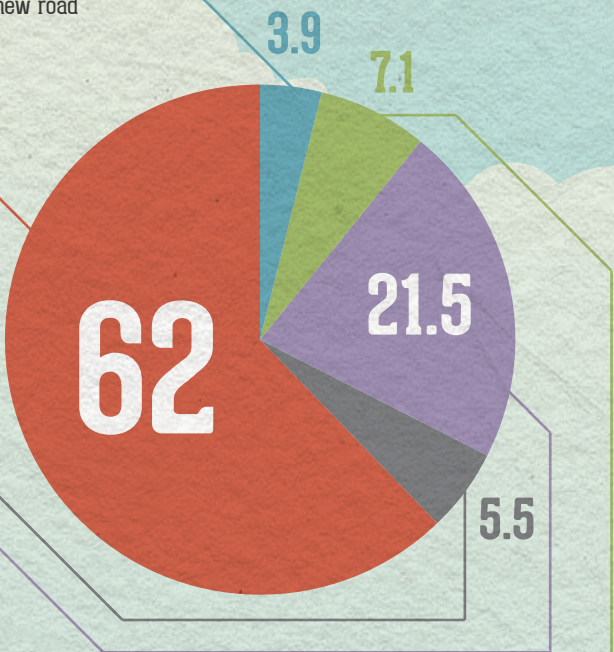
This budget cares for Band government properties such as the government center, 4 community centers, and 3 ceremonial buildings. This budget is all net revenue dollars.

21.5% HOUSING BUDGET

This budget pays for the maintenance of our housing rental stock, transitional housing program, Elder home renovations, and all housing staff. This budget is funded with Federal Grant dollars and net revenue.

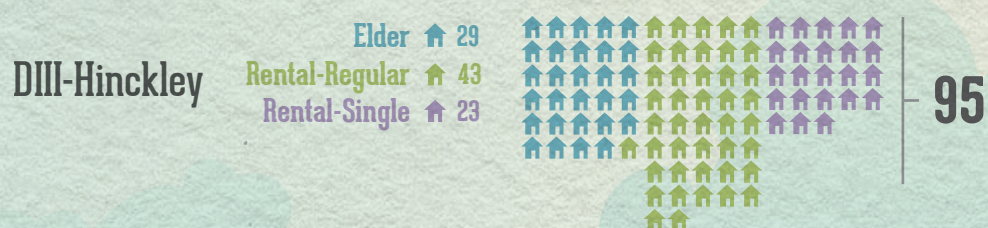
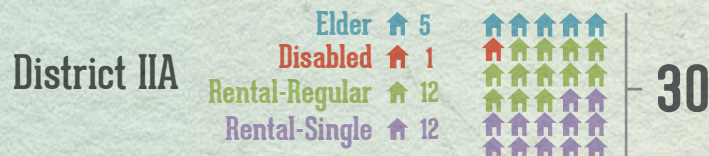
7.1% WASTEWATER TREATMENT FACILITY AND SOLID WASTE FACILITY

This budget pays for operation of the wastewater treatment plant, solid waste tipping, and staff in those departments. This budget is grant-funded and is paid for by net revenue.

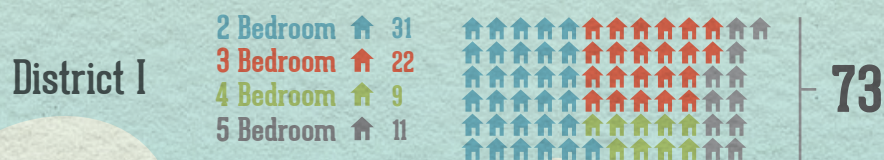


HOUSING

Mille Lacs Band of Ojibwe Housing Department
Combined Waiting List as of 6/27/13



Breakdown of Regular Rental Units Waiting list by bedroom size



Transitional Programs



"It is our mission to provide affordable housing to our Band members. We aim to provide compassion, honesty, integrity, and fairness in delivering housing services. As my new role as Commissioner of Community Development continues, I will work to better our services in housing, and to follow the mission of our department. Miigwech!" – Katie Draper



DISTRICT 3

Lake Lena Women's Softball Team Wraps Up Third Season

Deborah Locke Staff Writer

Three years ago Vanessa Gibbs called a few friends and suggested they start a women's softball team.

"I thought it would give us something to do and keep us adults out of trouble," she said with a laugh.

A couple of the women had never thrown or caught a ball before. Others were pretty athletic to begin with. They started to practice and grew in skill. Cohesiveness formed and communication grew. They learned each other's strengths and preferences, and ultimately stepped forward into the East Central Softball League as the Lake Lena Women's Softball Team.

At their home field in Pine City, about a half hour before



Standing (L-R): Shannon Garbow, Shayla Livingston, Jari LaSarge, Vanessa Gibbs, Angela Matrious, Tina Saxon, Oleia St. John, and Jasmine Staples. **Kneeling (L-R):** Shanise St. John, Shanee Davis, Kate Davis, and Summer Robertson.

each game you'll see the women warming up. This season the team has ten regular players and five substitutes. Seven players from the 2012 season returned for another season that started May 14 and ends on July 30.

The all-Native team plays double headers against softball teams including Brook Park, Rush City, Pine City and Mora, and has a record so far of 5 wins and 3 losses.

A June fundraiser helped the women raise money for a tournament that may be held at the end of July.

The players are: Monica Benjamin (coach), Angela Matrious (pitcher/co-captain), Vanessa Gibbs (first base/co-captain), Shanise St. John (second base), Jari LaSarge (shortstop), Shayla Livingston (third base), Oleia St. John (left field), Shannon Garbow (left center), Kate Davis (right center), Star Davis (right field), and Tina Saxon (catcher). The subs are: Summer Robertson, Shawna Matrious, Beverly Davis, Monica Benjamin, and Jasmine Staples.



URBAN AREA

End of Year Picnic

Chad Germann Photographer



The Urban Area end of year picnic and community celebration took place at Brackett Park in Minneapolis on June 8.

Part II: Ending 'Lateral Violence' in Indian Country

Deborah Locke Staff Writer

Earlier this year Mille Lacs Band elected officials, commissioners and supervisors received training in the reduction of "lateral violence" on the reservation. Willie Wolf of the Cheyenne River Sioux Tribe led the training sessions. Willie has trained thousands of people in recognizing and ending lateral violence which can be found in Indian communities across the country. The focus for the training was lateral violence in the workplace, although its characteristics can exist anywhere that Indians gather in Indian Country. Willie did not use actual names of people or communities in his examples of lateral violence.

In the last edition of the paper, we introduced the topic of lateral violence, which is simply sustained behavior that creates an unhealthy environment. This story will give examples of lateral violence — such as gossip, sabotage, misuse of power, and constant anger — and ways to overcome it.

In a phone interview, Willie gave an example of lateral violence that crippled an entire community. A well-respected and effective employee received a government grant for the tribe. Certain rules had to be complied with. At a public meeting, the chairman lost his temper and yelled at the employee because he did not like the rules that accompanied the grant. When employees are slighted this way from any level of management, word travels fast throughout the community that the same thing will happen to you. So communication shuts down. Employees work in fear. Morale drops.

Toxic behavior

Lateral violence can poison an environment in smaller ways, too. If an employee is miserable with an ax to grind and wants to bring the whole organization down, he or she will decide not to do their job well. A secretary may refuse to part with information. A janitor will refuse to open space for an event, saying it is not available. Managers may bully rather than manage.

Organizations probably have policies in place to deal with these kinds of hostile behaviors, but they also need to consistently follow those policies. Willie said in the phone interview that the groups he has met with over the years share one major problem: Inconsistency with policies. For example, a policy is in place that says Band members

must receive passing grades in order to receive scholarship money. So a Band member who visits the scholarship office is told "no" to a request due to failing grades. The Band member then visits with a tribal official who reverses the policy and says the failing student should be funded once again. The message sent to the entire community is that policies don't matter because all that matters is who you know. As a consequence, cynicism sets in.

Lateral violence occurs in other ways, too. Say you don't like someone at work because you think she or he is favored by the boss. So you start a mean spirited rumor about that person. You let them know that you don't care about them, you roll your eyes when they speak, fold your arms, minimize their concerns, freeze them out. Or you become passive/aggressive. You want "Jan" to know that you don't like something about her, so you tell "Henry" so he can talk with "Jan." Of course, Jan will resent hearing your criticism from Henry.

Buckets of crabs

Willie used the "crab pot" analogy when describing jealousy and destructive behavior. When crabs are in a small enclosed area like a bucket and one starts to escape, the others pull it back. When Indians step outside of certain behaviors, such as deciding to quit drinking or misusing tobacco, others attempt to pull them back in.

He added that when people are raised in poverty and there is never enough to go around, they engage in "scarcity" thinking. They become hoarders. At the workplace, this could be played out by hoarding information and refusing to share what you know.

Broader cultural issues can come into play. Band members may be divided on who is more "Indian" — those who live on the reservation or those

who live in the city. They may criticize Band members who attend churches rather than follow traditional spirituality. Employees may be divided up into "us" versus "them" — Band members versus employees from other bands, Ojibwe versus other tribes, Indian employees versus non-Indians.

Solutions

How to change? It starts with everyone, Willie said. "We can change ourselves, our families, our work units and

the whole organization." We can strive to be known as a peacemaker with high ethical standards. Leaders can exhibit humility rather than dominance; employees can stop gossiping and start supporting each other. All can realize that none of us is perfect, and acknowledge that management by way of fear is a military model that does not work in Indian society. Willie gave examples of a fear based culture: it is preoccupied with conformity and made up of distinct in-groups and out-groups. Appraisals are always negative. Employees fear they must be perfect and there is no room for error. Decision-making is slow because each level of management fears criticism from the level above it. In short, trust is in very short supply.

Willie urged leaders to become humble "servant leaders," who do not abuse power but use it wisely and with restraint. He said that everyone needs to listen to each other without judgment, adding that the remarks from St. Francis of Assisi were relevant. Francis said that it is better to understand than it is to be understood. Willie encouraged empathy, listening with your heart and mind, and being fully present when you're speaking with someone. Let them know they are important.

Lateral violence can be reduced, and it starts with individuals who recognize and then begin to change negative behaviors.

Our Deepest Fear

Marianne Williamson

Spiritual Teacher, Author, and Lecturer

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

Our Deepest Fear was one of the handouts from the Lateral Violence training session last spring.



Gossip, along with sabotage, misuse of power, and constant anger are all examples of lateral violence.

TRIBAL NOTEBOARD

Happy July birthday to Mille Lacs Band Elders!

Robert Duane Anderson
David Niib Aubid
Cynthia Pauline Backora
Darline Ann Barbour
MaryAnn Sophia Belgarde
Robertta Joy Benjamin
Donna Marie Boodoo
Lewelyn Gene Boyd
Kevin Scott Churchill
Randall Clark
Gary Lee Davis
Martha Kathrine Davis
Brian DeSantis
George James Dorr, Jr.
Rosella Marie Eagle
Vernon Melvin Frye
Donna Lou Gilmore
Karen Harrington
Caylen Jansen
Lawrence Gene Johnson
Loretta Ruth Kalk
Debra Ann Kamimura
Dixie Marie Kamimura
Judith Joan Kanassatega
Richard Joseph Keller
Deborah Jean Kersting
Darlene Ann LaFave
Bonita Marie Lucas
Virginia Mann
Lucille Ann Merrill
Meskwanakwad
Jo Ann Mitchell
Letitia Mitchell
Carol Jean Nickaboine
Debra Ann Olson
Joseph Vincent Pewaush
Steven Edward Premo
Daryl Alan Quaderer
Elfreda M. Sam
Valerie Jayne Shingobe
Alicia Lydia Skinaway
Geraldine Ellen Skinaway
Loretta June Smith
Andrew Felix St. Clair
Ruth Anne St. John
Patricia Louise Thomas
Jolette Marie Zapf

Happy July birthdays:

Happy Birthday **Nicole** on 7/2 from Rachel and Waylon. • Happy Birthday **Nicole** on 7/2 from Mickey, Philip, Nadine, Charlotte, C-mo, Whitney, Blake, TJ, Raven, Sharon, and Melody. • Happy Birthday **Nicole Harrington** on 7/2 with love from the whole Harrington family and your sons. • Happy 4th Birthday **Daymon Fronco (dayday)** on 7/4 with love from Mom, Selena, Dante, Maysun, Shawsha, Soul, Auntie Rae, Uncle Joe, Simone, Wade, Donny, Joey, Sheila, Grama Vera, DeaLayna, Stone, Derek, Frances, Auntie Danielle, Uncle Bruce, and Uncle Jim. • Happy Birthday **Cuzzin Dayday** on 7/4 from Simon, Zion, and Jack. • Happy Birthday **Codge and Berta** on 7/5 with love, Auntie Anna and family. • Happy 13th Birthday **Jerbear** on 7/6 with love from Mom, Renae, Bentley, Zachary, and Kira. • Happy Birthday **Jerry Moose** on 7/6 from Mickey, Phil, Whitney, C-mo, Charlotte, Nadine, Blake, TJ, and Chick. • Happy Birthday **Mary Day** on 7/7. Love Drew and Fenton. • Happy Birthday **Nick Shaw** on 7/7 from Mickey, Phil, Whitney, C-mo, Charlotte, Nadine, Blake, TJ, and Chick. • Happy 28th Birthday **Renee Gale** on 7/10 with love from your nieces Antavia & Arielle and M.J., Chad, and Steve. • Happy Birthday **Marissa** on 7/12 from Rachel and Waylon. • Happy Birthday **Max** on 7/12 from Rachel, Waylon, Daddy, Cj, Jordy, Max, Tony, Arielle, Nick

and girls. • Happy Birthday **Myrah Belle** on 7/12 from Antie Rae and Waylon. • Happy Birthday **Marissa** on 7/12 with love, Auntie Anna and family. • Happy Birthday **Maxbean** on 7/12 from Mickey, Phil, Whitney, C-mo, Charlotte, Nadine, Blake, TJ, O-gui, Papa Doug, and Chick. Message. • Happy Birthday **Myrah** on 7/12 from Mickey, Phil, Whitney, C-mo, Charlotte, Nadine, Blake, TJ, O-gui, Papa Doug, and Chick. • Happy Birthday **Max Bean** on 7/12 with love from Mom, Grandma Tracy, Grandma Karen, Papa Bear, Jarvis, Jacob, Jamie, Aiva, Emery, Mark, Aidan, Melodie, Sharon, Ravin, Wally, Buddy, Cordell, Jameson, and Nicole. • Happy Birthday **Karen** on 7/13 Rachel and Waylon. • Happy Birthday **Aunty Karen** on 7/13 from Mickey, Phil, Whitney, C-mo, Charlotte, Nadine, Blake, TJ, O-gui, and Chick. • Happy Birthday **Great Grandma Karen** on 7/13 with love from Mom, Grandma Tracy, Papa Bear, Jarvis, Jacob, Jamie, Aiva, Emery, Mark, Aidan, Melodie, Sharon, Ravin, Wally, Buddy, Cordell, Jameson, and Nicole. • Happy Birthday **Whit** on 7/14 from Antie Rae and Waylon. • Happy Birthday **Whitney Harrington** on 7/14, with love from Mom and Dad, C-mo, Charlotte, Nadine, Blake, TJ, O-gui, Papa Doug, and Chick. • Happy Birthday **Stone and Julian** on 7/15 with love, Auntie Anna and family. • Happy Birthday **Grandma June** on 7/15 from Dilly, Mally, Leboy, C-bass, and Keiterboy. • Happy Birthday to my smart and beautiful granddaughter **Tehlis** on

7/19. Love you bunches my baby, from Grandma, also birthday wishes from your aunties and uncles! • Happy Birthday **Twyla** on 7/20 with love, Auntie Anna and family. • Happy Birthday **Demitre Win** on 7/20. Love Fen, Mary, and Drew. • Happy Birthday **Rachel** on 7/21. Love El Dad, sisters, brothers, nieces and nephews. • Happy Birthday **Rachel** on 7/21 from Waylon, Val, Adrian, Brad, Jr., Jay, Marcus, Randi, and Bruce. • Happy Birthday **Rachel** on 7/21. So glad you are a part of my family, with love Anna and family. • Happy Birthday **Rachel** on 7/21 from Mickey, Phil, Whitney, C-mo, Charlotte, Nadine, Blake, TJ, O-gui, Papa Doug, and Chick. • Happy Birthday **Stacy** on 7/22 from Rachel and Waylon. • Happy Birthday to another of my beautiful daughters, **Stacy** on 7/22. Love you, Mom, Clay, Chris, Cilla, Lisa, Waylon, Kiley, and Tehlis. • Happy Birthday **Jordy** on 7/25 from Rachel, Waylon, Daddy, Cj, Max, Aidan, Tony, Arielle, Nick, and girls. • Happy Birthday **Fenton** on 7/26 from Mary and Drew. • Happy 3rd Birthday **Aidden "Amikogabow" Brooks** on 7/29 from your family! • Happy Birthday **O-gui** on 7/29 from Mickey, Phil, Whitney, C-mo, Charlotte, Nadine, Blake, TJ, O-gui, Papa Doug, and Chick. • Happy Birthday **Donevin** on 7/30 with love, Auntie Anna and family. • Happy Birthday **Wandell Leecy** on 7/30 from Mary and Drew. • Happy Birthday **Archie "Stewee" Cash** on 7/30 from your family! • Happy Birthday **Donevin Jacob Sagataw** on 7/30.

Love Mom and Lucy. • Happy Birthday **Donevin Sagataw** on 7/30 from Dad and Lucy.

Happy belated birthdays:

Happy Belated Birthday **Patrick Star** on 6/13 from your home gurls. • Happy Belated Birthday **Kev** on 6/23. Love, Mom, Dad, sister, Gram, Kim, Papa, all your aunties, uncles, family, and friends.

Other Announcements:

Kiona Debra Sandra Krause was born on April 26 and welcomed with love and excitement by parents Peter and Danielle, and big brothers Angiulo and Kameron. • Congratulations **Isaiah Staples** for graduating Head Start, **Caleb Staples** for graduating kindergarten, **Stormy Pike** for getting her GED, and **Zach Pike** for graduating high school. Love always, Mom, Dad, and Marissa. • Chi Miigwech to all those who helped with our June 6 fundraiser for the Lake Lena Women's Softball Team. We really appreciate your support and contribution to our team. A special miigwech to Jenelle Kingbird for helping with the flyer and spreading the word, to the District 3 Representative for donating gift cards to purchase a portion of the groceries, to George LaFave III for helping to cook, and finally, to Shelly Peer for cooking and making the frybread. We appreciate all the help we received with our fundraiser!! Sincerely, the Lake Lena Women's Softball Team.

JULY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17 DIII Community Meeting 6 p.m., Aazhoomog Community Center, featuring 2013 grad. celebration. If questions, call Sharalanee Staples: 321-630-2402. Chiminising Bingo 6 p.m., Chiminising Community Center	18	19 Miigwech Mahnomen Days 51st Annual Traditional Powwow July 19–21 Ball Club, MN llojibwe.com	20
21	22	23	24 DII-A Community Meeting 5:30 p.m. Chiminising Community Center	25 DII Community Meeting 5 p.m. East Lake Community Center	26 Onigum 15th Annual Traditional Powwow July 26–28 Onigum, MN llojibwe.com	27 Keepers Powwow July 27 – 28 Pipestone, MN Leon Moore Park www.pipekeepers.org/pow_wow.htm Indian Museum: Applique Beading Workshop Noon–4 p.m. Reservations required, call 320-532-3632 Bradley Roache, Sr. Golf Tournament Eagle Trace Golf Course. See page 12 for more info.
28 Indian Museum: Applique Beading Workshop 10 a.m.–2 p.m. Reservations required, call 320-532-3632	29	30	31 JOM Enrollment 6 p.m. West Side Park in Hinckley. Contact Vanessa Gibbs: 320-384-6240	1	Submit Birthday Announcements Send name, birthday and a brief message that is 20 WORDS OR LESS to Andy McPartland at andy@redcircleagency.com or call 612-372-4612. <i>The deadline for the August issue is July 22.</i>	



2nd Annual Bradley Roache, Sr. Golf Tournament

The Roache family is hosting the 2nd Annual Bradley Roache, Sr. Memorial Golf Tournament on Saturday, July 27, at Eagle Trace Golf Course in Clearwater, Minnesota.

Proceeds from the tournament will go toward the Bradley Roache, Sr. Memorial Scholarship Fund. This is the second year of the tournament. Last year, just over \$6,000 was raised! Money from the tournaments will be awarded to American Indians interested in pursuing degrees in law enforcement and criminal justice.

A Mille Lacs Band member, Brad dedicated his life to public safety. He served on the Minneapolis Police Department for 24 years and was active on the homicide/robbery unit and the emergency response unit. After Brad retired he served the Mille Lacs Band as the director of public safety and the Corporate Commission's director of security and surveillance.

Education was also important to Brad; he believed it was never too late to go back to school. In fact, he graduated from St. Mary's University with a bachelor's degree in police science in 2009. Brad passed away on November 20, 2011.

The golf tournament is a four-person scramble. The registration fee is \$100 per person for teams of four. The tournament will also have prizes, a silent auction, and on-course games. The winners of the tournament will be recognized.

For more information or to register for the tournament, contact Krista Roache Klug at 320-224-7061 or e-mail brmemorialgolf@hotmail.com.

Child Support Update

Reminders: Child Support cannot release checks early.

All checks will be mailed if not picked up by 2:30 p.m. on Fridays (or Thursdays if a holiday occurs on Friday).

It is very important to update addresses with the Child Support office and the U.S. Post Office. When addresses are updated with one MLB department, don't assume the change is being made in other programs. Clients need to be proactive and make sure they have correct information on file.

Nay Ah Shing Schools

Nay Ah Shing Schools announced its continuing policy for serving meals to students under the National School Lunch/School Breakfast Programs for the 2013-2014 school year. All students will be served breakfast and lunch at no charge at either school.

For additional information please contact:

Nay Ah Shing Schools, Attention: Deborah Foye, Nutrition Services Coordinator, 43521 Oodena Drive, Onamia, 56359, 320-532-4690, ext., 2213, dfoye@nas.k12.mn.us.

In accordance with federal law and U.S. Department of Agriculture policy, Nay Ah Shing School is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY).



PRSRT STD
U.S. POSTAGE
PAID
TWIN CITIES, MN
PERMIT NO. 93723

MILLE LACS BAND OF OJIBWE
43408 Oodena Drive
Onamia, MN 56359
millelacsband.com



Heating, Water, and Maintenance Problems?

During normal business hours, tenants in Band rentals and Elders living within the service area should call 800-709-6445, ext. 7433, for work orders.

After business hours, tenants with maintenance emergencies should call 866-822-8538 and press 1, 2, or 3 for their respective district.

Interested in submitting to the *Inaajimowin*?

The deadline for the August issue is July 22.

Send your submissions and birthday announcements to Andy McPartland at andy@redcircleagency.com or call 612-372-4612.

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

AUGUST 2013 | VOLUME 15 | NUMBER 8



APRIL 21, 1932 – JUNE 29, 2013

MARGE ANDERSON

FORMER MILLE LACS BAND CHIEF EXECUTIVE

MESSAGE FROM THE CHIEF EXECUTIVE



MELANIE
BENJAMIN
CHIEF EXECUTIVE

It is about this time every year that we are reminded that we live in a land of extremes. During the recent July heat wave that brought temperatures in the high 90's, I kept thinking it seemed like only a few weeks ago that I was shoveling snow off my path in sub-zero cold. Of all the climates on this continent our ancestors could have chosen to make their home, they chose a place with a climate of extremes. Why? Maybe because they knew that as Anishinabe people we could not only handle hot summers and freezing winters, but that the extreme weather would make us stronger.

Much has been happening in Band government this past month, and like our climate, it seems our community sometimes experiences extremes as well. While one day brings optimism and excitement, the next can bring disappointment and loss. My goal is to be as candid with Band members as possible about everything that impacts us as a community and as Band members, whether good or bad. We are strong people and don't need our news whitewashed.

June 30 brought the end of the terms of several commissioner positions as dictated by Band Statute, including the Commissioner of Administration, Assistant Commissioner of Administration, Commissioner of Health and Human Services, Commissioner of Education and Commissioner of Natural Resources. Michele Palomaki was confirmed as Assistant Commissioner of Administration and Katie Draper is Commissioner of Community Development, but other positions remain unfilled at the time of this printing, pending action by the Band Assembly. I have submitted names to the Band Assembly for these positions, but in the meantime Assistant Commissioner of Administration Michele Palomaki is doing an outstanding job handling the task of managing multiple Band departments. Please express your gratitude to her when you have a chance.

On June 13, I sent Band members a letter announcing a "Hearing of Inquiry" involving the Mille Lacs Band Police Department and concerns expressed by Band members regarding the Department. The procedures for conducting the hearings are set out in 4 MLBSA §§ 13 and 14. I informed Band members that I would be appointing an investigator to conduct this inquiry and keep you informed.

One new development in this matter is that on July 26, the Band Assembly approved a contract I submitted with

the Minneapolis law firm of Lindquist & Vennum. Attorneys Wally Hilke and Mark Larsen will be working with the Band on this matter as investigators. Hilke is a long-time friend of the Band and former President of the Minnesota chapter of the American Civil Liberties Union, with extensive experience investigating allegations of abuse of Indian people in northern Minnesota. His work resulted in the percentage of Native American inmates imprisoned at Beltrami County Jail (Bemidji) falling from 80 percent to 45 percent over five years.

Larsen is a former assistant U.S. Attorney and an expert on law enforcement. On this critical matter, the Band Assembly and my office are completely united and I am grateful for their support and collaboration as elected officials. We will continue to keep Band members updated as this matter proceeds.

If I needed a reminder of my preference of our Minnesota extreme weather over all other parts of the country, I got it on July 22-24 when I traveled to humid and muggy Washington D.C. to visit with members of our congressional delegation about issues including health care and economic development. We met with Representative Betty McCollum, whose district includes our two new hotels in St. Paul, and received updates about critical taxation and legal issues impacting Indian gaming.

Speaking of our new hotels, our new properties in St. Paul have already made a big entry into the regional and national American Indian conference business. On July 9-10, the Band was proud to host the summer meeting of the Midwest Alliance of Sovereign Tribes (MAST) at the Band's Crowne Plaza Hotel in St. Paul. This is just one example of the many opportunities for regional and national conferences on American Indian issues that we hope to bring to our new properties.

In cooperation with other MAST tribes, the Band addressed issues including mining and its impact on our natural resources, how casinos can lower carbon footprints, issues involving transferring land-into-trust status, and the impact of over \$228 million in cuts to the Indian Health Service last year due to sequestration. Many very poor tribes are facing substantial challenges in providing health care due to these cuts. In times like these, I am so appreciative of our ability to supplement cuts in health care through our economic development revenue.

On July 18, I joined members of the Nay Ah Shing School Board and Suzanne Wise in attending an excellent training in the Twin Cities presented by the Department of Interior's Bureau of Indian Education (BIE) regarding the status of the Nay Ah Shing Schools. The BIE shared critical data that it has been documenting on Nay Ah Shing Schools in a "Report Card." The Report Card is based on attendance, reading and math scores, and is intended to document areas of student progress from the beginning of the year to the end of the year when students take standardized tests.

The good news is that our student test scores have been steadily improving in the Abinoojiiyag, but the Upper School has unfortunately not experienced the same progress. The training offered tools to map out goals, objectives and priorities for not just the upcoming school year, but also several years into the future. One of the BIE requirements is that the School Board hold an annual public meeting to share the Report Card results, so look for information about an upcoming School Board meeting or speak with a School Board member for more information. As parents, grandparents, and care-givers, you are our partners in the education of Band children, and only working together will we ensure that our current generation of youth have a future that is brighter and filled with more opportunity than the one before them.

It was heartbreaking to learn of the recent tragic passing of another young Band member. We all know too much about the problems we face as a community. What we need are ideas and solutions for how we're going to address these problems. We need to come together as a Band and offer our ideas and support to put a stop to the violence and harm that plague our people. Ideas covering everything from better street lighting to welcome gates to new penalties for those whose actions create safety concerns need to be on the table. All of your ideas are welcome. Look for information about upcoming meetings. Action by all is needed to make our community safe.

The State of Minnesota wolf hunt has been on the minds of many Band members. I'm troubled by the State's actions to reauthorize another hunt on wolves for 2013-2014. Wolves have critical cultural and spiritual importance to Anishinabe and other Native people. Despite the objections of the Band and other tribes, the State went

ahead with the 2012-2013 hunt without any consultation with tribal governments.

In July I attended a meeting of the Tribal Executive Committee of the Minnesota Chippewa Tribe (MCT). At that meeting we adopted a resolution confirming the authority of each Band to regulate wildlife on tribal lands, including the authority to declare tribal lands a sanctuary where taking of wolves is not permitted. The resolution also calls upon the United States Department of Interior to assist the MCT and each Band in developing a comprehensive wolf management plan, and to meaningfully exercise its trust obligation to ensure the State of Minnesota's single-minded wolf hunt does not trample upon the tribal authority and sovereignty of the MCT and constituent Bands. In addition, mining has become particularly contentious in Wisconsin as well as in Minnesota, where our wild rice crops are threatened by proposed copper sulfide mining.

I serve as our regional representative of the Department of Justice's Tribal Nations Leadership Council (TNLC), and a few weeks ago I asked that the impact of mining and other industry on treaty-guaranteed fishing and harvesting rights be included on the next agenda meeting of the TNLC. Our next meeting takes place in August and I will keep Band members posted about those discussions.

Expanding health care opportunities for Band members is an issue I'm exploring closer to home, through an initial meeting with officials in Rochester, Minnesota, to explore potential partnerships with Rochester health care providers like the Mayo Clinic. These are exploratory discussions, but they went very well. I'm excited about relationship building with the Rochester community and Mayo — and the improved healthcare for Band members that might eventually transpire.

In August I'm attending a Legislative Subcommittee meeting of the Minnesota Chippewa Tribe at Grand Portage. On April 30, we heard a summary of an Enrollment Survey in which we hope to target 400 Band Members in each Band. The purpose of this survey is to collect data regarding enrollment issues and I'm looking forward to an update about how the survey is progressing. If any Band members have been contacted about this, please be generous with your time and answer the survey questions. The information will be critical for informing our decision-making at the MCT.

Finally, I had the pleasure of attending the Urban Area meeting on June 27 and enjoyed sharing a nice meal with the many Band members who attended.

While we live in a climate of extremes, and as a Band our community often experiences extremes, it is the stability of our identity, our culture, our history and the wisdom of our Elders that sustain me in my daily work for the Band. I hope you feel some of that inspiration in your own daily lives as well.

Miigwetch.

Melanie Benjamin

Grand Market Renovation Complete

Expansion includes new full-service banking branch of Woodlands National Bank

Sarah C. Barten Public Relations Specialist



Joe Nayquonabe and John Weiers presented a check on behalf of the Corporate Commission and Grand Market to Commissioner Katie Draper, Family Pathways representative Erik Theisz, Bev Sutton (Mille Lacs Band Emergency Services) and Bruce Anderson, Sr. (Mille Lacs Band Food Shelf)

With an expansion of 3,056 square feet, the Grand Market now offers a variety of improvements throughout the store including an abundance of fresh produce, a bakery filled with fresh pastries and breads, a wide selection of Kretschmar deli meats and cheeses, a selection of specialty coffee, non-perishables and a new entrance into the store.

"We think customers will be pleased with the expanded selection," said Joe Nayquonabe, Commissioner of Corporate Affairs for the Mille Lacs Band. "We want to provide the best possible service to this community and we couldn't be more excited about what Grand Market has to offer."

In addition to the grocery updates, Woodlands Nation-

al Bank underwent a significant renovation which builds on the bank's legacy of stability, strength and commitment to the communities they serve.

The newly renovated Woodlands National Bank was designed with the customer in mind. It now is an inviting space that has customer seating, additional teller services and private offices for bankers to offer clients support and personal attention to their financial needs.

"We are committed to meeting the evolving needs of our customers and are proud to offer them convenient access to all of their banking needs in the Grand Market location," said Ken Villebro, president of Woodlands National Bank.

To celebrate, the Grand Market stocked local food shelves. "We know we are only as strong as the communities we serve, which is why it's a priority to give back to organizations that help improve the quality of life for others," said Nayquonabe.

The Mille Lacs Band's Emergency Services program received a \$1,000 donation, which will go to benefit the Mille Lacs Band Food Shelf, exclusively for Band members.

The Mille Lacs Band Food Shelf, which is open Tuesdays from 9 a.m. to 4 p.m. and Thursdays from 9 a.m. to 5 p.m., is located at 16745 Shaw Bosh Kung Drive in Onamia. To find out more information, please call 320-532-7880.

News about Eddy's Lake Mille Lacs Resort

Corporate Commission

The Corporate Commission is charged with identifying new potential investments, as well as looking critically at existing assets to maximize their value and productivity. From the casinos to our hotels and restaurants, our Guests have come to expect a premier experience from our brands, and we see a significant opportunity to refresh the Eddy's property to better deliver on those expectations.

The Economic Development team has begun the stages of planning and conversations with Mille Lacs County and relevant state agencies regarding plans to move ahead on a complete renovation to Eddy's Lake Mille Lacs

Resort. Although it is too premature to comment on specifics before the planning process is completed, we can share that the intent is to freshen the whole property, including guest rooms, amenities, meeting spaces, the marina and the restaurant.

Because of the extensive work that goes into a complete renovation, Eddy's last day of operation will be Monday, September 3, 2013. The Corporate Commission will keep Band members updated in regards to this project through articles in the Inaajimowin as well as the Commissioner's bi-monthly letter.

HUMAN LOUDSPEAKERS

Larry “Amik” Smallwood uses volume and humor to entertain the powwow crowds

Deborah Locke Staff Writer **Tiffany Bolk** Photographer

Larry “Amik” Smallwood says that of all the things you need as a powwow master of ceremonies, the most important may be a big mouth.

You need a voice that can be heard over any noise from the powwow arena, past the grandstand seating, beyond the portable bathrooms and well into the campground parking lot and nearby woods.

You need a voice that keeps spirits up, an agenda moving, and people laughing. A voice like Henry Green Crow’s, a Ho-Chunk MC that Amik admired from the 1970s.

“I liked the way Henry captured people’s attention and made things run smoothly,” Amik said on a recent afternoon in Hinckley. “He had a loud voice. I thought, I have a loud voice! I could do that! I’ll never be a Henry, I’ll just be me.”

Being himself worked out pretty well for Amik. He went on to serve as a powwow master of ceremonies throughout the Midwest and as far east as New York. His first gig was the University of Minnesota-Duluth annual powwow in 1982. Today, Amik is a familiar presence in Indian Country, carving an identity with his well-modulated voice, humor and vast experience.

Backstage at the Powwow

Like all good MCs, he brings the audience directly into the moment — without any hint of the months of preparation necessary to host a large powwow. It all starts with the powwow committee, which decides whether the powwow will include dancers and drum groups competing for prize money. Or the powwow could be traditional, without the judges and competition.

A date is selected, followed by an arena director, two masters of ceremonies as well as dance and drum judges. Most communities choose a guest MC and a local MC. The local guy’s job is to inform the guest MC about the traditions of that community. Most powwows seem to follow the same order and form but there are discreet changes from place to place, Amik explained.

For example, the Ojibwe expect children to be old enough to dance by themselves when they enter the arena. Dancers from other nations may allow adults to carry small children into their arenas. The powwow committee members outline the rules well before the day of the powwow. Amik said that when you sit down to announce, you are there at the pleasure of the powwow committee. As a newcomer, you always remember that you are a guest in that community, and you behave in a respectful way, he added.

Successful MCs have an idea of the crowd makeup before they sit down to announce.

You need a voice that keeps spirits up, an agenda moving, and people laughing.



Larry’s never seen without his signature boots



They observe the dancers, which can number up to 1,000. A large throng of competitive dancers is often serious; traditional powwows are more relaxed. Competitive dancers check out who is there, gauging the competition for prizes as lucrative as \$20,000 for first place.

As the MCs size up the crowd, the arena director makes sure the orchestration moves along on time. Are the drum groups in place and ready? Are the dancers lined up? If it’s hot, is there plenty of water? If it’s too hot, the director may decide that Elders and young children will dance late in the program after it cools down. If a rain storm approaches, it’s the director’s call to move indoors.

Meanwhile at the microphone, the MCs are shuffling through papers that list dance categories. At the same time, they begin lighthearted chatter with the audience.

Sizing Up

“We watch the crowd so we know who we can brag about, who we can make fun of, who we can tell lies about,” Amik said with a smile. A good MC knows how far to go and when to stop kidding. You can’t be too serious up there, and you have to be loud. Since not all members of the audience are native, the MCs often explain a dance style and its meaning.

An announcer’s worst nightmare? A faulty sound system, which can pretty much end a powwow, Amik said. When the sound system works, the audience may mostly see and hear a couple of entertaining MCs. What they do not see is the paperwork that has to be followed and the flexibility required to keep the powwow moving along. Maybe a category of dancers is not ready with a song, so another group takes their place. The arena director stays in close communication with the MCs so everyone knows what to expect.

What is the most striking moment of any powwow?

“I’m always amazed at how beautiful our people are when I first see all of them at the Grand Entry,” Amik said.

The dancers move through in order — Veterans, powwow royalty, Elders, male and female dancers and children — which can take up to a half hour or 45 minutes.

The sea of movement leads seamlessly to the first round of dancers. Starting in the 1960s, Amik danced on and off for a few decades. Now at a powwow only his mouth moves, in a style that might have made Henry Green Crow proud.

It’s easy to overlook the role the MCs play as powwows throughout Indian Country roll out this season. The wise-cracking guys make it look so effortless.

In reality, they’re the critical glue that keeps the whole complicated production together, one loud and humorous syllable at a time.

47th Annual Mille Lacs Band Traditional Powwow

Friday, August 16 — Sunday, August 18

Iskigamizigan Powwow Grounds, west side of Lake Mille Lacs

For more information, visit: facebook.com/iskigamizigan

We're Going to Luxembourg This Summer

Arne Vainio, MD Family Practice Physician **Stephan Hoglund** Photographer



We're going to Luxembourg this summer.

This has been in the works for several years, but we're finally going to make it happen. My involvement in this is from several different perspectives.

When I first met Stan, I saw an old man who continually seemed confused about everything. On his very first visit he came in because he needed a refill of his medicines. He didn't have any of the bottles, but had his day's supply of pills in a little rubber coin purse. He didn't know the names of any of them or what they did, he just knew how many times a day he took the blue rectangular pill, the round orange pill and so on. This was before everything was on the Internet, and it took a pharmacist the better part of a day to figure out his meds. His blood pressure was very high and I needed to add a medicine, but he told me he had been started on a new medicine once and it caused severe abdominal pain and he ended up in the hospital. He thought it was a blood pressure medicine, but he didn't remember the name. He thought it started with an "A" or an "L".

Every hallway seemed to be a challenge and he would stand outside any door clearly wondering which way to go. I couldn't get a straight answer to any question and every answer had a long story leading up to it. I spent hours trying to explain his medical conditions to him and after a long and what I thought was a clear explanation, he would ask a basic question that I had already answered several times.

All of his visits turned into very long and complicated ordeals and I was always late for my patients for the rest of the day after any encounter with him. He was hard of hearing and I had to yell to communicate with him. He would start the visit talking about one thing and as I was getting ready to leave tell me why he was really there. Those reasons were always big reasons and were not things I could put off until his next visit. He lived a long way away and a visit with me meant his entire day.

I came to dread seeing his name on my schedule.

In spite of that, I liked him and he liked me. I knew he had been in the military service because I finally got his records from the VA. He had an extensive and complicated medical history.

One day I came into the exam room to see him and he

had a wrinkled and torn brown paper bag on his lap. "Dr. Vainio, I thought I might show these to you."

The bag was covered in dust and I assumed it was an old car part he was going to show me. He reached into the bag and he pulled out an old metal helmet. There were several holes through the helmet and the webbing was torn from shrapnel.

He told me he was at Normandy during the invasion in World War II. Most of his unit didn't survive and he didn't want to talk about that. He passed me the helmet and he reached into the bag and pulled out a Purple Heart medal.

"I never look at these anymore," he said softly, "I just thought I might show them to you."

I'd never even seen a Purple Heart before, much less held one. I couldn't hold back my tears and I couldn't talk for several minutes. I had been seeing him as a confused old man when in reality he fought against incredible odds when he was just a boy.

I saw him with different eyes and I saw him that way for every visit thereafter. None of his conditions got easier, none of his stories were less convoluted, he never understood me the first time, his hearing never got better, but now none of that mattered.

He fought for me.

Johnny Mercer was my wife Ivy's great uncle. He was from the Grand Portage reservation in northeastern Minnesota and was 19 years old when he entered the service. He was on a bomber crew when his plane was shot down over Germany. No one ever really knew for sure what happened to him, they just knew he died in the war.

He was simply gone.

Ivy was researching our family histories 14 years ago when our son Jacob was born, and she started trying to find out what happened to Johnny. She was eventually able to find out he was buried in the American Cemetery in Luxembourg City, Luxembourg. She was able to get pictures of his grave marker for family.

Ivy's grandmother is 87 years old and she remembers Johnny to Ivy. She remembers him as a 19 year old man, handsome and strong. She cried when Ivy sent her the picture of Johnny's grave marker and Johnny will always be 19 years old to her.

This summer we are traveling to Luxembourg. Most

people think we're crazy because we're only going there for 2 days and then we're coming home. We aren't going to Paris or to any other big cities or to any museums or famous places.

Ivy and Jacob and I are going as a delegation, the way our people have always gone when there is something of great importance. We are going there for one purpose only and not as part of a trip to an amusement park or a resort.

We are going there to honor our warriors. Ivy will touch Johnny's grave marker for her grandmother and we will put asemaa down and we will thank him in Ojibwe for his sacrifice. We will stand with him as family.

No one has ever been to his grave site. Before Ivy found him, no one even knew where he was.

Stan died several years ago and I didn't get to see him before he died. I suspect he never had the chance to go to the cemetery to honor his fallen brothers.



Ivy was researching our family histories and found out Johnny was buried in the American Cemetery in Luxembourg City, Luxembourg.

I will do that for him. I will also do that for anyone else who has relatives there. Send me their names and I will speak them as we thank Johnny and the rest of our Ogichidaa, our warriors.

We will talk to our Elders to find out what we need to do to do this in the proper way. Many will not have the opportunity we've been given to make this journey. We need to do this right.

We need to do this while Ivy's grandmother is still with us.

We'll see you soon, Johnny.

Arne Vainio, MD (Mille Lacs Band of Ojibwe Member) is a family practice physician on the Fond du Lac Ojibwe reservation in northern Minnesota.



MARGE ANDERSON: SHAPING A LEGACY

The impact of one of Minnesota's most important American Indian leaders

Deborah Locke Staff Writer

In the early days of Indian gaming, Marge Anderson showed up at a Washington D.C. congressional hearing with a group of Indian children.

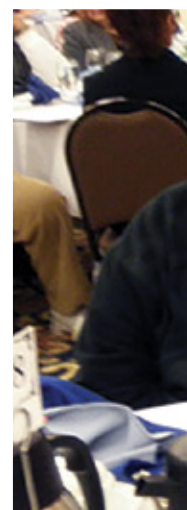
Donald Trump also showed up — to oppose Indian gaming in general and the proposed Indian Gaming Regulatory Act in particular. Trump saw the Connecticut casino operated by the Pequot as a threat to his own casino empire.

He should have been more afraid of Marge and her kids. With television cameras focused on the packed hearing room, Marge and others assured congressional leaders that Indians could develop and run their own gaming enterprises.

A full-page advertisement in the popular "Roll Call" Capitol Hill publication showed one of Trump's yachts next to a Mille Lacs Reservation school and health clinic. The text read that Trump's profits bought him yachts and made shareholders rich. Indian gaming profits paid for paved roads, schools and improved healthcare services.

Tadd Johnson, special counsel to the Mille Lacs Band, was working as a lawyer for the U.S. House of Representatives in 1993 when the drama unfolded. He said the Mille Lacs Band became a "poster child" in the ensuing battle that Trump lost.

With Marge Anderson at the helm, the Mille Lacs Band became a poster child for many good causes as Marge and her staff took on local, state and national leaders over the years. She was so well known



state-wide and nationally that people referred to her by her first name only. When someone in Washington wanted an Indian perspective on any matter, he or she picked up the phone and called Marge in Minnesota.

None of this is to suggest that her job was easy. When the Mille Lacs Band fought in the court system for the continuation of its traditional fishing and hunting traditions, Marge received death threats from opponents. For a decade a group of powerful non-Indians, spearheaded by former Vikings coach Bud Grant, attempted to remove the Ojibwe hunting and fishing rights on ceded land.

The issue brought out the "ugly side" of midwesterners, Tadd said. Anti-Indian sentiment flourished as many public figures expressed doubt about the treaties and their modern day influence.

The Mille Lacs Band win at the Supreme Court level was Marge's finest triumph, Tadd said. "It's hard to top a Supreme Court victory," he said in a telephone interview.

Tadd was with Marge and a few others on a cold day when the Supreme Court decision was announced in 1999.

Bonnie's announcement

They were standing in the reception area of the Band's government center. Marge asked Bonnie, the receptionist, to use the intercom and tell all employees the outcome of the case. The building exploded with cheers, Tadd recalled. Marge could have grandstanded, preferring a press conference to make the announcement by way of a canned speech. **Continued on page 8**



Timeline

- 1932** Marjorie Ann Davis was born and grew up in the Vineland area
- 1952** Graduated from Onamia High School
- 1976** Elected District 1 Representative
- 1987** Became Secretary/Treasurer and Speaker of the Band Assembly. She worked closely with Chief Executive Art Gahbow as the Band entered the modern era of tribal sovereignty.
- 1991** After Gahbow's death on April 11, 1991, the Band Assembly appointed Anderson to fill his term. Under Anderson's leadership, the Band uses casino revenues to strengthen its culture and benefit the region.
- 1992** Re-elected as Chief Executive. During her tenure as chief, she oversaw the construction of schools and ceremonial buildings. She was instrumental in the Band's decision to use new revenues to invest in infrastructure.
- 1993** Anderson emphasized the importance of managing the Band's casino enterprises. The Band opens the new Ne-la-Shing Clinic, the first tribal health facility in the nation built with casino revenues.
- 1994** By this time the Band's two casinos had created 2,428 local jobs, and paid \$33,500,000 in employee wages in 1993. The Band spent \$20,000,000 for public works projects from 1991 to 1994.

- 1996** Re-elected as Chief Executive
- 1997** Named Tribal Leader of the Year by the National Congress of American Indians.

"It is a great honor to be recognized by my friends and colleagues," Anderson said. "But this is not just an honor for me personally, it is a tribute to my entire Band. Without my people's strength and support, I would not be here today." She dedicated the award to the Band's youth — "our leaders of tomorrow."
- 1999** The U.S. Supreme Court rules that the Mille Lacs Band retains the right to hunt, fish and gather on lands it ceded to the federal government through the Treaty of 1837 under tribal regulations.

When the Supreme Court upheld the lower court rulings in March of 1999, Anderson said, "Today the United States has kept a promise, a promise that agreements are made to be honored, not broken....Our rights are not just words on paper, they are vital to our being."
- 2008-2012** Served as Chief Executive
- 2013** Passes away at the age of 81 in Onamia, MN



But no. That wasn't her way.

Her way was usually quiet and thoughtful. She adopted a consensus-building style, took strong positions and did not back down.

"Her will was made of iron," Tadd said. She surrounded herself with staff members who had high levels of expertise, she listened to them, asked Band members for their opinions, and then considered the impact of her actions over the next decade and even 100 years.

She knew the Band's laws well, stuck to high principles, and pursued what the people said they wanted with zeal and courage, Tadd said.

Sam Moose, an executive commissioned officer with Health and Human Services, knew Marge all his life from the Drum Society ceremonies she attended with her husband, Merlin.

Marge built on the foundation established by her predecessor, Chief Executive Arthur Gahbow. She was no clone of Art's, but she agreed with his overall belief in sovereignty, self-sufficiency and Ojibwe values of strong families and a strong self-tailored government structure.

"I think Marge understood that our treaty rights were part of the foundation of Mille Lacs Band of Ojibwe sovereignty," Sam said. "She knew that the protection of those rights

was essential to the health and welfare of our communities." Marge championed the Band's infrastructure, helping to funnel dollars into schools, clinics, government and community centers.

"She understood Art's vision, a community vision with checks and balances in government," he said. She wanted her people to be happy, proud, attuned to their ceremonies and traditions, and strong.

To Molly Judkins, Marge was a lifelong friend. Molly was Marge's deputy assistant from 1995-'97, and her executive secretary in 2009. To Marge, economic development was a top Band priority.

"Marge thought that gambling would disappear and asked what would replace it," Molly said. "She made decisions based on how they would affect generations to come."

Work ethic origin

Molly said that Art Gahbow had a strong influence on Marge, and so did Annie Davis, Marge's mother. A well-known story is that as a child, Marge had many siblings and food was hard to come by. One day her mother told the children that they would go outside and pick berries to raise money for food. And they did. Her mother's influence became apparent throughout Marge's life.

"She never threw up her hands and gave up," Molly said. If there were a challenge needing a solution, Marge would bring people together and ask them what could be done. In recent years she arranged for meetings with Band Elders to discuss the rates of violence in the Mille Lacs Band.

Over the decades, Marge logged thousands of miles to attend meetings with countless individuals, all for the same purpose: to improve the lives of her Band members and Indians in general. Some criticized her for the

many trips to Washington D.C. to meet with congressional leaders.

Marvin Bruneau, District II representative, said that Marge represented the Band well on her visits. "Washington is where things happen," he said. "Marge worked to impress on the nation that sovereignty is paramount and she stressed the independence of the Band. Her timing was right. She created a lot of momentum."

She did that at home, too. Sometimes Marvin would approach Marge for help with a sticky situation in his district. Marge understood the nature and differences of Band members in the three districts, Marvin said.

"She tailored her leadership to each group," he said. "She lived a good and fruitful life and was lucky in a lot of ways." Marge frequently asked for guidance from the Great Spirit, and received it.

Any story about Marge Anderson would not be complete without the fact that she loved to play bingo and ride her snowmobile. She loved and protected her family, and she cherished traditional Ojibwe beliefs. With the possible exception of the snowmobile riding, the above might summarize many grandmothers on reservations throughout Indian Country.

Now add this. Friend and foe alike will acknowledge that Marge Anderson shaped the course of history and improved the lives of countless American Indians. She fought detractors who challenged the Band's very existence.

One does not reach that level of effectiveness without making a few enemies along the way. However, election outcomes show that more people admired her high standards, wisdom and devotion to her people's welfare, especially the generations to come who would rise as Band leaders and successfully take Mille Lacs into the next century.





United States Department of the Interior

OFFICE OF THE SECRETARY
Washington, DC 20240

JUL 02 2013

The Honorable Melanie Benjamin
Chief Executive, Mille Lacs Band of Ojibwe
43408 Oodena Drive
Onamia, Minnesota 56359

Dear Chief Executive Benjamin:

On behalf of the employees of the Office of the Assistant Secretary – Indian Affairs, the Bureau of Indian Affairs, and the Bureau of Indian Education, I want to express our deepest condolences on the passing of former Mille Lacs Band Chief Executive Marge Anderson to the Mille Lacs Band community as well as her family and friends.

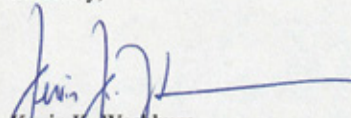
Chief Executive Anderson was an accomplished individual who willingly shouldered the weight of leadership and responsibility, and a visionary woman of action who worked to improve the lives of her people. She also was a tenacious fighter whose undaunted defense of her Tribe's treaty rights will resonate throughout Indian Country for many years to come.

She successfully represented her Tribe at the highest levels of national American Indian discourse and policymaking, but did not forget the importance of family and tradition. She advocated for tribal economic development in order to support and strengthen Ojibwe families while recognizing the importance of preserving Mille Lacs Band's history and culture for future generations. Her courage and follow-through to bring employment generating businesses to her community was integral in making the pursuits of long term prosperity for her people a reality.

Chief Executive Anderson's dedication to the rights of tribal sovereignty and self-determination for all tribes will continue to be recognized by many across Indian Country. It is hard to lose such a strong tribal leader, but it is a small consolation to know her life's work may inspire and provide an example for the future leaders of tomorrow to follow.

We join with you and the Mille Lacs Band in sorrow over her passing. Please accept our prayers for your peace and comfort at this time.

Sincerely,


Kevin K. Washburn
Assistant Secretary – Indian Affairs

Thoughts on Marge

She was the kindest woman I ever met. She never made quick decisions. She knew that if we pursued the treaty rights case and lost, it would be a big loss. But everyone knew that winning that case would outweigh the risk of a loss. Her decisions weren't based on the here and now, she was always looking to the future.

– Carolyn Shaw-Beaulieu

She gave up her personal life to be a leader and did that without hesitation. Marge and I served on the tribal council before casinos opened. I remember what we called Black Friday: we had no money to do anything. The banks seized our accounts and would not cash our checks and we could not make payroll. So we changed policies. The Band began to open tribal businesses, we gave no more personal loans. Marge and I stood by each other and supported each other. She was a true tribal leader. And everyone knew her by her first name, which was pretty impressive.

– Bernida Humetewa

She was a great visionary. People don't realize that there was nothing here but us before casinos. We were poor. We had gravel roads, no schools, old buildings. Then a new era began. Marge had the vision to put money toward infrastructure.

– Sandi Blake

I'm deeply saddened to hear about the passing of Marge Anderson, a trailblazer for the Mille Lacs Band of Ojibwe. An amazing woman and role model for the next generation of tribal leaders, Marge will be missed. She fought to preserve the Ojibwe culture while — at the same time — pushing to advance the progress of her people. I'm grateful to have known Marge, and proud to have worked with her on bringing new opportunity and promise to the Mille Lacs Band.

– U.S. Senator Al Franken

The members of the Mille Lacs Band of Ojibwe have lost a great political leader and champion of tribal rights who will be remembered for generations to come. Marge was an inspiration who dedicated her life to improving the lives of her community and Indian people all across this country.

– U.S. Rep. Betty McCollum, D-Minn.





Students Experience College Life During Summer Program

Toya Stewart Downey Staff Writer

Even before the seven Nay Ah Shing students had arrived at Purdue University to participate in the Gifted Education Resource Institute, eighth grader Thomas White declared that he wanted to go back again next year.

By the time the two-week program had ended in mid-July, his fellow middle school classmates decided they also wanted to return to the Indiana campus again next summer.

The students — Thomas, Shaina White, Dajatay Barnes, Ronni Jourdain, Clara Gahbow, Megan Saboo and Taylor Nadeau — are part of their school's gifted and talented program.

The students were invited (and offered full scholarships) to attend through a grant specifically for Native American students, explained Gregg Rutter, the school's Gifted and Talented Education Coordinator.

"The students experienced life on a university campus," he said. "They lived in campus residence halls, ate meals there and attended classes during the day. It was a fast-paced and challenging two weeks. They really loved the experience for a lot of reasons."

They also had opportunities to meet other Native American students, as well as students from countries around the world — including China, Colombia, India and South Korea. They worked in state-of-the-art laboratories and computer facilities. They took classes based on their individual interests such as science, engineering, architecture, 3D geometry and mathematics.

Seventh-grader Megan Saboo mentioned the food, dorms, and activities when asked what she liked most about the summer camp.

"It's a place where you get to meet new people and learn new things in classes," she said. "It helps you break free and be the person you want to be."

Fellow participant Dajatay Barnes shared similar sentiments.

"I'll remember the activities, how I met new people and the Global Gala talent show," she said. "I think I know how to express myself a little more and know how to be myself better after going to the Gifted Education Resource Institute."

Gregg, who has been at the school for two years, said he hopes to take the students back again next year, but before then he will find ways to tie their summer learning



Pictured(L-R): Clara Gahbow, Taylor Nadeau, Megan Saboo, Shaina White, Dajatay Barnes, and Ronni Jourdain



into what they do during the school year.

"It was so rewarding to witness the kids' excitement when they were there," he said. "They felt a new confidence and I will use that to keep encouraging them. We will reinforce what they learned as much as we can programmatically."

"One thing that we'll do is offer an extracurricular robotics class and the students will have an opportunity to participate in that," Gregg said. "And we'll continue to meet the kids at their learning level and need."

Mille Lacs Early Education Open House

Mille Lacs Early Education (DI, DII, and DIII) will be holding an open house on August 28 from 12 p.m.–5:30 p.m. District II and III will be held from 12 p.m.–4 p.m.

Come tour the school, see the classrooms, and meet your teacher. Snacks will also be served.

We want to remind parents that your child's immunizations and physicals need to be up to date before the first day of school on Tuesday, September 3, 2013.



If you live near the woods in an area with black-legged ticks, keep your lawn mowed short.

Preventing Tick-borne Disease

Mille Lacs Band Health Department

Preventing exposure to blacklegged ticks (also known as deer ticks or bear ticks) requires diligence.

- Campers, hikers, hunters, farmers, and people in outdoor occupations may be at risk in the counties known to have blacklegged ticks.
- Some people have been exposed to blacklegged ticks in their yard. Especially when the yard has a lot of brush and leaf litter and is adjacent to the woods.

Minimizing your risk

Avoid blacklegged tick habitats during the peak time of year (generally mid May through mid July).

- Blacklegged ticks are found in wooded, brushy areas. Unless you spend time in that kind of setting, simply being in a high-risk county won't place you at risk. You should know whether the areas where you live, work, or play have blacklegged ticks.

Walk in the center of the trail to avoid picking up ticks from grass and brush.

Use a good tick repellent:

- Products containing permethrin, used on clothing, are especially recommended for people who will be spending an extended period of time in possible tick habitat.
 - Permethrin products are marketed under names like Permanone® and Duranon® and are available in stores that sell outdoor gear.
 - Do not use permethrin on your skin.
- Standard DEET-based products are another option.

- Use a product containing no more than 30 percent DEET for adults.
- Concentrations up to 30 percent DEET are also safe for children (according to reports from the American Academy of Pediatrics). Do not use DEET for infants under two months of age.
- Products containing DEET will also protect you from mosquito bites and mosquito-transmitted diseases.
- Follow the manufacturer's directions for all repellent applications.

Wear clothes that will help shield you from ticks.

- Wear long-sleeved shirts and long pants.
- Tuck your pants into the top of your socks or boots to create a "tick barrier."
- Wear light colored clothes to make it easier to spot ticks.

Check frequently for ticks and remove them promptly.

- Ticks must remain attached for one to two days before they can transmit the Lyme disease bacteria.
- Some research suggests that human anaplasmosis may be transmitted more quickly.
- Check the hairline and behind the ears and points of clothing constriction (e.g. behind knees, waist line, and arm pits).

If you live near the woods in an area with black-legged ticks:

- Keep your lawn mowed short.

- Remove leaves and clear the brush around your house and at the edges of the yard.
- Keep children's play-sets or swing-sets in a sunny and dry area of the yard.
- Make a landscape barrier (such as a three foot wide border of wood chips) between your lawn and the woods.

Prevention for pets

- A vaccine to prevent Lyme disease is available for dogs. However, the vaccine will not stop your dog from bringing ticks into the home.
- Check your dog or cat for ticks before allowing them inside.
- Topical tick repellents are available for pets.
- Talk to your veterinarian about these options.

Tick removal

If you find a tick on yourself, remove the tick promptly.

- Prompt tick removal is important.
- If possible, use a pair of tweezers to grasp the tick by the head.
 - Grasp the tick close to the skin
 - Pull the tick outward slowly, gently, and steadily
 - Do not squeeze the tick
 - Use an antiseptic on the bite.
- Avoid folk remedies like Vaseline®, nail polish remover or burning matches — they are not a safe or effective way to remove ticks.



Birch Bark Harvest

Cultural Teacher Donald "Duck" White shows students how birch bark harvesting works.



Pictured (L-R): Commissioner of Health and Human Services Samuel Moose, Housing Board Member John Mojica, Secretary/Treasurer Curt Kalk, Commissioner of Education Suzanne Wise, Chief Executive Melanie Benjamin, District III Representative Diane Gibbs, and Tribal Court Chief Justice Rayna Churchill. **Not pictured:** Housing Board Member Jennifer Gahbow

Swearing In Ceremony for Newest Appointed Officials

Andy McPartland Staff Writer

On August 5 in the Band Assembly Chambers, recently appointed officials were sworn into office by Tribal Court Chief Justice Rayna Churchill. Congratulations to our newest appointed officials: John Mojica and Jennifer Gahbow (Housing Board), Commissioner Samuel Moose (Health and Human Services), and Commissioner Suzanne Wise (Education).

Are You a Good Employee?

Tawnya Stewart Guest Columnist

How you act on the job can help create a better workplace culture.



Perception is real! Attitude is everything! What you put in is what you'll get out! Change your mind, change your world. Spending time at work is something most of us do half of our lives. Since we spend so much time at work,

we should do our best to make it worthwhile and be the best at what we do.

What makes a positive workplace and what are the benefits of one? A positive work environment leads to increased productivity, better employee morale and the ability to retain a skilled workforce. Negative attitudes in the

workplace — particularly from management — can have a dramatic impact on the entire workforce.

Overall, most employees want to perform well at their job. However, there are often some negative employees in the workplace. Typically, these people are unaware of how ev-

ident their negative attitudes are. This mentality can have a detrimental effect on the rest of the staff.

Over the years, I have coached many employees and managers on workplace performance. It is always interesting to see how "problem" employees conducted themselves in non-productive ways and blamed others for their actions. I decided to compile the different types of behaviors I noticed most frequently.

Employees need to take an honest look in the mirror and decide how they want to be perceived at work. The good news is that if you choose to accept this mission, you can take the necessary steps to improve your image at work.

Remember: you spend more time with people at work than you do with your family. Being a "good" employee can make your work and personal life enjoyable.

Note: Changing how you're perceived in the workplace can take time (maybe three to six months), but it is defi-

nately achievable by being consistent and having predictable behavior. This is important for employees if they want



A good attribute to have as an employee is the willingness to learn new information about the latest software, industry and role.

to keep things running smoothly at work.

"Choose a job you love and you will never have to work a day in your life." — Confucius

Negative Traits

- Arriving to work late
- Not volunteering for new assignments
- Conflict with co-workers and manager
- Complaining about their work and manager
- Calling in sick on a regular basis (typically on Mondays or Fridays)
- Talking too much about personal issues and personal life
- Not being thoughtful about their intentions at work (just showing up)
- Requires manager to micro manage and creates unnecessary stress for themselves and the team
- Inability to solve problems with others
- Disrupt the work environment: thriving on being the disruption in the workplace
- Gossiping and being a "know-it-all"
- Surfing the internet
- Breaking company policies on a regular basis
- Stealing from the company both in materials and time
- Expects someone to find them their next job
- Blaming others for mistakes
- Bad attitude

Positive Traits

- Gets to work on time, even early
- Accountable/reliable: Meets deadlines regularly. Has ability to start a task and complete without a lot of supervision.
- Innovation: Open to sharing new ideas to improve process.
- Upbeat and a good attitude: Environment that is unique, spawns new ideas and is enjoyable for the other people involved.
- Willing to learn new information about the latest software, industry and role.
- Passionate
- Ability to separate their personal life from their professional
- Open perspective, motivated and action oriented
- Good thinkers/problem solvers
- Confident and works to get along with others
- Honest
- Understands the purpose of their work and does not always need a pat on the back for every accomplishment
- Takes responsibility for career

TRIBAL NOTEBOARD

Happy August birthday to Mille Lacs Band Elders!

Diane Marie Barstow
Frances Jean Benjamin
Clarence Roy Boyd
Marlys Louise Bushey
Myrna Joy Ceballos
Karen Marie Clark
John Dewey Colstrud, III
Geraldine DeFoe
Edward Ernest Dunkley
Roxanne Julie Emery
Gary Dean Frye
Dorinda Fay Garbow
JoAnne Sue Garbow
Samuel Garbow, Jr.
Barbara Maxine Goodman
Diana Guizar
Mary Jean Harpster
Bradley Harrington
Blaise Eugene Hill
Robert Martin Houle, Jr.
George Ben Jackson
Patricia Clarise Jones
Doris Kegg
Lorraine Marian Keller
Andy Mitchell
Lynda Lou Mitchell
Gerry Warden Mortenson
Delia Ann Nayquonabe
Victor Dennis Nayquonabe
Margaret Rose Premo
Linda Christine Quaderer

Bruce Anthony Ray
William David Schaaf
Theresa Joy Schaaf
David Duane Shaugobay
Frank Shingobe, Jr.
Bernadette Smith
Daniel John Staples
Connie Jean Taylor
Janice Louise Taylor
James Martin Thomas
Richard Henry Thomas, Jr.
Sylvester W. Thomas, Jr.
Barbara Ellen Toth
John Wayne Towle
Michael Laverne Wade
Alrick George Wadena, Jr.
Diane Wadena
Carmen Denise Weous
Juanita Diane Weyaus
Donna Jean Wind
Eloise Betsy Wind
Franklin John Woyak

Happy August birthdays:

Happy Birthday **Herbert W.** on 8/1. Have a grand day on your birthday from your cousin Marlys. • Happy Birthday **Sharon** on 8/6 from your loving husband Wallace. • Happy Birthday **Sharon** on 8/6 from your granddaughter Brownie, Ravin, Tracy, Shelby,

Max, Adian, Jarvis, Jacob Jr., Avia, Mark, Emery, Val, Mariah, Little Kevin, brother Brad, sister Karen, Brad Jr., Bralyn, Wesley, Eric, Brynley, Jay, Taylor, Adam, Nicole, Jameson, Cordell, Buddy, brother Phillip, Mickey, Nadine, Blake, Charlotte, Carter, Whitney, and Camron. • Happy Birthday **David S.** on 8/11. Bro...you made it to the Big 60. Love you! From your little Sista, Bro-in-law A, Baby Girl, Kelia, Railei, Baby boy, Kandi, Cyrell, your baby sister, Micheal, Janice, nieces and nephews. • Happy Birthday **Brad Harrington, Sr.** on 8/15 from your sisters. • Happy Birthday **Gram Kim and Papa Brad** on 8/15. Love Mariah and Kevin. • Happy Birthday **Janis J.** on 8/15. Love ya my lil sis. Have a very good day, love Auntie M., Uncle A., Richard, Rachel, Kelia, Jeremy, Railei, Candi, and Cyrell. • Happy Birthday **Jay** on 8/16. Love your brothers and sisters. • Happy 13th Birthday **Tyrese Smith** on 8/20 from Grandma June, Papa Gushy, Amber, Keith,

Hunter, and Elvis. • Happy 14th Birthday **Reuben** on 8/20, with love from Mom, George, Cedric, Cedar, Caiarah, and Cyliss. • Happy 9th Birthday **Caiarah** on 8/22, with love from Mom, Dad, Reuben, Cedric, Cedar, and Cyliss. • Happy 11th Birthday **Cedric and Cedar** on 8/23, with love from Mom, Dad, Reuben, Caiarah, and Cyliss. • Happy Birthday to our beautiful, much loved daughter, **Shayla R. Livingston** on 8/23. Mom & Dad. • Happy Birthday **Janice J.** on 8/27. *Happy birthday to you, Happy birthday to you, how old are you?* Just kidding I tried to sing and I was out of tune. From your sister and bro-in-law, Richard, Rachel, Kelia, Jeremy, Railei, Candi, and Cyrell. • Happy 10th Birthday **Lovey Dovey** on 8/27! With love from Momma, Daddy, Sage, Jake, and Grandpas. • Happy 17th Birthday **Sam and Dan Shingobe** on 8/28 from Grandma June, Papa Gushy, Amber, Keith, Hunter, and Elvis. • Happy 16th Birthday **Ethan Smith** on 8/29 from

Grandma June, Papa Gushy, Amber, Keith, Hunter, and Elvis. • Happy Birthday **Aunty NeeCee** on 8/31, with love from Vannie, George, Reuben, Cedric, Cedar, Caiarah, and Cyliss.

Happy belated birthdays:

Happy Belated 13th Birthday **Latesha Sondra Rose Benjamin** on 7/18 from Dad, Lonnie, and the family. •

Other Announcements:

Congratulations to my sister **Marissa Sam** and **Quentin Garbow** on the birth of their baby boy. He was born on the 4th of July and weighed 8 pounds and 13 ounces, with love from your sister Cilla.

Submit Birthday Announcements

Send name, birthday and a brief message that is **20 WORDS OR LESS** to Andy McPartland at andy@redcircleagency.com or call 612-372-4612.

The deadline for the September issue is August 15.

Mille Lacs Indian Museum Events

Fun Run

Sunday, August 18

Mille Lacs Band of Ojibwe Powwow Grounds
Register between 9 a.m.–10 a.m. at the pavilion
Take a brief walk around the Mille Lacs Band of Ojibwe Powwow grounds and earn a free gift courtesy of the Mille Lacs Indian Museum and Trading Post. Please note this will not take place at the Mille Lacs Indian Museum.

Open House

Sunday, August 18, 11 a.m.

No admission fees
Come and visit the Mille Lacs Indian Museum and Trading Post for our open house!

Naamjiig: Honoring our Traditions Public Artist Reception and Exhibit Closing

Sunday, August 18, reception starts at 11 a.m.

Join us for refreshments, a short program, and a chance to meet the artist. Cost is free and open to the public.

Ojibwe Moccasin Workshop

Saturday, August 24, Noon–4 p.m.

Sunday, August 25, 10 a.m.–2 p.m.

Cost: \$60 for public or \$55 for MN Historical Society members, plus a supply fee of \$15.
Learn techniques for working with leather at this two-day workshop and make a pair of Ojibwe style moccasins. Discounted hotel rooms are available for workshop participants on Saturday night at Grand Casino Mille Lacs. A light lunch and refreshments will be provided both days. Children under 13 must be accompanied by an adult.

Registration required by Wednesday, August 21, call 320-532-3632 or email millelacs@mnhs.org



AUGUST CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 Rendezvous Days Powwow Grand Portage, MN nps.gov/grpo Pine Point Powwow Ponsford, MN business.parkrapids.com	12	13	14	15 3rd Annual Four Winds Alumni Powwow Brainerd, MN Indian Education Parent Meeting 6 p.m. Hinckley-Finlayson High School District Office Potluck and Door Prizes	16 47th Annual Mille Lacs Band Powwow Lake Mille Lacs, Iskigamizigan Powwow Grounds Visit: facebook.com/iskigamizigan Shakopee Mdewakanton Sioux Community Annual Wacipi Prior Lake, MN shakopeedakota.org Shakopee Mdewakanton Sioux Community Annual Wacipi Prior Lake, MN shakopeedakota.org 4th Annual Chaske Cikala Wacipi Chaska, MN McKnight Park	17 47th Annual Mille Lacs Band Powwow Lake Mille Lacs, Iskigamizigan Powwow Grounds Visit: facebook.com/iskigamizigan Shakopee Mdewakanton Sioux Community Annual Wacipi Prior Lake, MN shakopeedakota.org 4th Annual Chaske Cikala Wacipi Chaska, MN McKnight Park
18 47th Annual Mille Lacs Band Powwow Lake Mille Lacs, Iskigamizigan Powwow Grounds Visit: facebook.com/iskigamizigan Shakopee Mdewakanton Sioux Community Annual Wacipi Prior Lake, MN shakopeedakota.org 4th Annual Chaske Cikala Wacipi Chaska, MN McKnight Park	19	20	21	22 Nay Ah Shing School Open House 2 p.m.–4:30 p.m.	23 Nay Ah Shing School First Day of School 8:30 a.m.–1 p.m.	24
25	26 Parent Action Committee Meeting 5 p.m.–6 p.m. Nay Ah Shing High School Circle Area	27	28 District III Community Meeting 5:30 p.m. Grand Casino Hinckley Ballroom Mille Lacs Early Education Open House DI: 12 p.m.–5:30 p.m. DII & III: 12 p.m.–4 p.m.	29 Urban Area Community Meeting All Nations Indian Church 5:30 p.m.	30 Mille Lacs Government Center Closed starting at 12 p.m. for Labor Day (also closed Sept. 2)	31

August is Child Support Awareness Month

August is National Child Support Awareness Month. The month provides a chance to recognize a child's right to financial support from both parents — including basic support, medical support and child care support — and to give a pat on the back to those parents that continue to meet their monthly obligations.

Child Support Awareness Month celebrates the important emotional and financial parental support that can create a brighter future for our children, helping them to become healthy, productive, and well-adjusted adults. Child support is important because it supplements and stabilizes family income, increases self-sufficiency, and encourages mothers and fathers to be involved in their children's lives.

Providing child support makes a tremendous difference in the life of a child, and it's much more than just a monetary obligation.

The Mille Lacs Band of Ojibwe Child Support program was established in June of 2011.

Services available include:

- genetic testing
- establishing parentage
- locating absent parents
- establishing and enforcing court orders (including child support, medical support, and child care support)
- reviewing, modifying, and adjusting support orders; working with other counties, states and tribes to enforce child support when a parent lives outside Minnesota.

Amy Doyle, director of the Band's Child Support Program, said, "The reality is that more families than ever before are led by single parents or are part of a blended family where parents often remarry and merge families. Whether your child lives with you or with someone else, it's important to stay engaged at every stage of their young lives."

Anyone in the community can apply for child-support services regardless of income, nationality or gender — even if they already had a child-support order granted by a court. Either parent may apply for services. It's important to note that grandparents raising grandchildren and other custodians may also apply for services.

To recognize National Child Support Awareness month, Child Support representatives will be available first Thursday of August from 8 a.m. until noon without an appointment to answer questions about Child Support including how to transfer your case to the tribal program or how to get your order modified and what types of arrears management agreements are available.

The Mille Lacs Band of Ojibwe Tribal Child Support program is open 8 a.m. to 5 p.m. Monday through Friday. The phone number is 320-532-7755.

Department of Labor

Thinking of taking the GED Test? Prepare now before some really BIG CHANGES go into effect!

The Mille Lacs Band — Department of Labor (together with the Mille Lacs Tribal College (MLTC) and Pine City GED) is offering **one final opportunity** to take the current GED Test and do so right here at the MLTC Location (in Nay Ah Shing Upper School).

That 'final opportunity' is on Friday, September 13 and Friday, September 20 — attendance is required at both sessions and testing will be from 10:30 a.m. to 4:00 p.m.

Start preparing today; call Deb, Jen, Adrian, or Paul at 320-532-7811.

The NEW GED TEST, beginning January 1, 2014, will be computer-based and proctored at an approved testing center; it will be more rigorous and aligned with Common Core State Standards to ensure both career and college readiness!

Nay Ah Shing Open House

Nay Ah Shing School will host an Open House on Thursday, August 22nd from 2 p.m.—4:30 p.m. You are welcome to tour classrooms and meet the teachers that day.

The first day of school is Friday August 23rd. Students will attend school from 8:30 a.m.–1 p.m. Monday, August 26th will be the students' first full day of classes. Students in grades 6-12 can look forward to many changes as the school moves to a project-based learning model. Project-based learning is a hands-on approach to teaching in which students explore real life situations and challenges. With this type of active and engaged learning, students are provided opportunities to dig deeper into subjects they are studying. Also it allows greater opportunity to participate fully in cultural activities, as culture is integrated with academic instruction. More changes will be made at the high school level as Nay Ah Shing School begins to integrate Bridges Career Academies and Workplace Connections into the curriculum.

You can learn more about project-based learning and Bridges Academies at the Parent Action Committee meeting from 5 p.m.–6 p.m. on Monday, August 26 in the high school circle area.

Please visit the school website for additional information at www.nas.k12.mn.us

Circle of Health Has Relocated

Circle of Health has relocated to the Ne-la-Shing Health Center: 43500 Migizi Drive, Onamia, MN 56359. Phone: 320-532-4163 or 1-888-622-4163.

Contact your Claims Processor:
Roberta Lemieux (A-L): 320-532-7740, ext. 7724
Tammy Smith (M-Z): 320-532-7740, ext. 7740

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millelacsband.com



Heating, Water, and Maintenance Problems?

During normal business hours, tenants in Band rentals and Elders living within the service area should call 800-709-6445, ext. 7433, for work orders. After business hours, tenants with maintenance emergencies should call 866-822-8538 and press 1, 2, or 3 for their respective district.

Interested in submitting to the *Inaajimowin*?

Send your submissions to Andy McPartland at andy@redcircleagency.com or call **612-372-4612**. The deadline for the September issue is August 15th.

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

SEPTEMBER 2013 | VOLUME 15 | NUMBER 9

KEEPING WITH TRADITION

PAGE 4



ALWAYS HUMOROUS,
AJ NICKABOINE
TELLS ALL

HELPFUL TIPS
FOR BACK TO
SCHOOL SEASON

START THE
SCHOOL DAY THE
RIGHT WAY

BAND MEMBERS
STAFF 2013 STATE
FAIR BIRD BOOTH

MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE
BENJAMIN

CHIEF EXECUTIVE



I love the month of September. The Band community pride in our culture, traditions and history immediately following the August Powwow always lingers for a few weeks.

I am honored that the Chief Executive's Office float won third place in the parade with the theme of "What are the stories your children will tell?" We passed out rubber wristbands with the seven Cultural Values, which were very popular. But I think it was the magic of "The Sweet Grass Girl Singers" that really bumped us into the final category. Anyone who watched and listened to those precious young girls sing their hearts out had to have been inspired!

Another reason I enjoy September is because it brings cooler evenings and good sleeping weather, and most days

in, including the Tribal Executive Committee (TEC) of the Minnesota Chippewa Tribe, where enrollment, education and legal issues were key; the Minnesota Indian Affairs Council, where Gov. Mark Dayton's Executive Order regarding consultation with Indian Tribes was discussed; the Minnesota State Colleges and Universities and Tribal Leaders Education Forum, which resulted in aggressive plans to advance education for American Indians; meetings with the Bureau of Indian Education, also attended by the MLB School Board, where exciting opportunities for the Nay Ah Shing School were discussed; the American Indian Health Symposium, where we were presented with state-of-the-art ideas for improving healthcare on reservations; and the Minnesota Housing Finance Agency, where the Band was presented with a plaque commemorating former Chief Executive Marge Anderson for her lifelong work to bring about better housing for American Indians in Minnesota.

These are just a handful of the meetings I participated in this month. I try to keep Band members updated about my daily schedule on Facebook, so if you like, please join my page at facebook.com/ChiefExecutiveMelanieBenjamin so you can get a fuller picture of the work we are engaged in.

One of the most important issues my administration was involved with in August was submitting a balanced budget for the Band for the next fiscal year. Like most tribes, we saw a decline in gaming revenues over the summer compared to previous years due to "The Great Recession." By Band statute, the Executive

Branch of Band government is required to submit a balanced budget to the Legislative Branch by September 1, 2013. A "balanced" budget means that the total amount of Band programs and services must utilize no more than 25 percent of our net revenue from Band-owned businesses.

The not-surprising news that our net revenues declined resulted in Band government needing to readjust our budgets for programs and services for the next year. We do have other funding that comes from grants, but what this means is that funding for many of our programs will be reduced somewhat this year. Why? The federal government through the Department of Interior requires that the Band

allocate our net revenue (the total the Band earns through Band-owned enterprises each year after expenses) through what is called a "Net Revenue Allocation Plan," and we are required by federal law to abide by that agreement.

For the Mille Lacs Band, this means that 25 percent of net revenue can be spent on base government spending (most programs and services); 15 percent is allocated to long-term savings; 35 percent is allocated for bonus or per capita payments, 5 percent is allocated to permanent initiatives (our buildings and infrastructure); 5 percent goes to the Circle of Health Program, 7 percent to the Housing Initiative and 8 percent for Economic Development.

Each of these areas will experience some decrease this year, but we are working hard to continue expanding our economy through exciting new ventures like the hotels in St. Paul and other projects.

Another issue my administration is very focused on is combating violence in our community. During the first week in September, we held a two-day Cabinet meeting and addressing violence was a key topic of our strategic planning, along with revisiting the other issues in our strategic outline.

In the near future, Band members will be invited to participate in Talking Circles about the topic of violence. I hope that as many Band members as possible participate in these conversations, which will take place in each of the Districts and will be led by my Commissioners and staff.

As Band members, we are each responsible for fulfilling a role in stopping violence. There are a few questions to ask: what can we do as individuals? What is our role as Band members, parents, grandparents, aunts, uncles and neighbors? The Band government can facilitate these meetings and provide the community with the tools, policies and programs to help make change, but actually making the change will take the willpower of the entire community and the commitment of each individual Band member. I am excited about these meetings and encourage every Band member who can participate to do so. Look for community announcements with dates and times for these meetings soon.

With the crisp new energy of autumn, I can think of nothing more energizing or inspiring that I've participated in recently than the annual meeting of Women Empowering Women for Indian Nations (WEWIN). I am grateful



Chief Executive Melanie Benjamin speaking at the WEWIN Conference in Las Vegas, NV.

are still comfortably warm. Still, the dipping temperatures at night tend to remind us that those much cooler nights — and eventually very cold snow-filled days — are ahead.

The challenge for each of us is to plan for the cold weather coming our way, but to still make sure we appreciate what each day brings during these beautiful September days. The icy cold weather will come, but this is a time when we should all try to re-energize ourselves and enjoy each perfect day.

August was a particularly busy month. I logged thousands of miles driving across the state representing the Band at meetings about issues we have a critical interest

that nearly 30 women representing the Mille Lacs Band of Ojibwe attended this conference. The mission of WEWIN reads: "To strengthen and sustain tribal cultures for the benefit and destiny of the children; To educate about tribal cultures, the history of native people, the inherent rights we exercise for the good of our people and others, and of current issues that affect our well being; To promote honest dignified tribal leadership who reflect pride for those we represent; To support and encourage tribal leadership; To install a balance between service and solitude and between fulfilling responsibilities and devotion to loved ones. To express encouragement, understanding, and joy to others dedicated to following the guidance of our creator and serving our communities as role models."

I was so touched by how many of our women of all ages were so awed by the WEWIN conference, and I am so proud of our Band members who attended and served as presenters.

One of the most impressive sessions that had the largest turnout was on the topic of language revitalization, and presented by Band members Melissa Boyd and Joyce Shingobe. They delivered the message that language revitalization is possible and is within reach with the right commitment from tribal members and government. They emphasized the critical importance of traditional values. As tribal members — men and women — we so often we feel weighted down with our personal, work and community commitments. For the women who attended this conference, WEWIN was an opportunity to re-energize and renew our commitments and promises to our work, community and family, with a reminder that we must take care of ourselves as Anishinaabe women.

It was especially wonderful to see so many young women from many tribes and bands become inspired by the many female role models in attendance. I was inspired by conversations with young women who have endured some hard bumps in the road of life, but who heard and learned from older women who experienced even greater hardships and overcame those challenges. Being in a room with 250 Native American women with the inner strength and spirit to overcome life's daily challenges and still have energy and passion to help other women was awe-inspiring. Most important, our entire Band community will absolutely benefit from the impact of our 30 attendees who came back inspired to do whatever they can to improve the well-being of our community, and who were reminded that they will only be successful if they make the time to take care of their own spiritual, emotional and physical health.

As you can see, it's been a month of challenges, rewards and inspiration. Enjoy our beautiful fall color, the bounty of the wild rice season, and your family and friends.

Melanie Benjamin

Interns Learn the Ropes of the Corporate Commission and Its Businesses

Sarah C. Barten Public Relations Specialist

Alyssa (Lyssa) Enno, a senior at the University of St. Thomas, and Nicole Lyons, a senior at the Art International Institutes Minnesota, are nearing the end of their 13-week internship with the Corporate Commission. They were selected based on solid scholastic achievement, evidence of leadership skills, quality of application and interview performance.

The internship program at the Corporate Commission was established in an executive order given by Chief Executive Melanie Benjamin at the 2013 State of the Band Address.

The mission of the program is to make the Corporate Commission and its businesses and partners accessible to Band members or descendants enrolled in higher education and to prepare those interested for future leadership opportunities.

"I was excited about building this program," Commissioner Joe Nayquonabe said. "I received my first job in my career from an internship with the casinos. It provided a unique opportunity to gain valuable professional experience and build leadership skills, and we're thrilled to offer that to Lyssa and Nicole."

When I started this internship, I was kind of shy. I've really gained confidence through this experience

— Nicole Lyons

Lyssa is majoring in Marketing and was interested in learning more about casino marketing. She started her internship with Red Circle Agency where she completed extensive research on a boutique hotel brand project for the Corporate Commission. "I wasn't sure what I wanted to do when I graduated because marketing is such a broad field," said Lyssa. "Through this internship, I gained real-life experience and found that my interests lie on the advertising agency side of marketing as well as casino promotion execution. I look forward to pursuing a career and learning more about marketing."

She then continued her internship with the marketing department at Grand Casino Mille Lacs where she worked on a variety of projects, including gathering competitive intelligence, networking with radio stations to promote



Lyssa Enno



Nicole Lyons

Grand Casino entertainment, creating an execution plan for casino promotions and working entertainment events.

Nicole is majoring in Interior Design and is working with the Economic Development department through the BKV Group, a full-service architectural firm based in Minneapolis. She is working exclusively on the Eddy's renovation project where she has established existing floor plans, created schedules for interior design and organized materials like fabrics and hardwoods.

Nicole said that through her experience she's getting more excited about her career after school. "This opportunity allowed me to see that. In school, you work on projects — and that's great. But to work on this project and eventually see it come to fruition is really exciting."

We asked the interns what advice they have for other Band members seeking an internship and what skills they polished up on or developed during their time at the Corporate Commission. Here's what they had to say:

Advice

LE: Take advantage of the resources we are offered. And be sure to reach out to someone who works in your field of interest.

NL: Get out there and network and meet people. I have this wonderful internship because of the relationships that I have made.

Skills

LE: I think the biggest thing for me was brushing up on writing and communication skills.

NL: I have improved on my communication skills. When I started this internship, I was kind of shy. I've really gained confidence through this experience.



KEEPING WITH TRADITION

The 47th Annual Mille Lacs Band
of Ojibwe Traditional Powwow

August 16 – August 18





Photos by Chad Germann

Grand Casino Hosting Nibi and Manoomin Symposium

Courtesy of University of Minnesota



Ricing is just one of the working groups offered at this year's symposium.

The Mille Lacs Band is sponsoring "Nibi and Manoomin: Building Lasting Relationships," a symposium hosted at Grand Casino Mille Lacs on September 25-27.

This program, created by the University of Minnesota, was designed to exchange teachings between Anishinaabe and Western scientific cultural worldviews. The symposia bring researchers from the University together with tribal elders, leadership, and community members from across northern Minnesota to share knowledge about manoomin, build understanding, strengthen relationships, and cultivate good will between traditional knowledge bearers and scientists.

This year's program will feature a Water Ceremony, talking circles, group sessions, keynote speeches, and student presentations. The 2013 symposium hopes to build connections and trust between University scientists and traditional Anishinaabe people.

Tribal members are able to attend for FREE with registration. To register online, visit regonline.com/NibiManoomin. For questions, contact Lea Foushee at 651-770-3861.

Interested in submitting to the *Inaajimowin*?

Send your submissions and birthday announcements to Andy McPartland at andy@redcircleagency.com or call 612-372-4612.

The October issue deadline is September 20.

Helpful Tips for Back to School Season

Toya Stewart Downey Staff Writer



Create opportunities for your student to get involved with peers who have similar interests.

As the school year begins it's a great time to find ways that can make the transition to the classroom smoother for both the student and their parents:

- Create a routine. Have designated bedtimes, meal-times and homework schedules. Set aside time to catch up on the day's happenings and a bit of time to relax.
- Get organized. Identify a spot where schoolbooks, notes from the school or papers can be filed. Set aside a study area (away from the television) where students can go to complete their homework. By creating a routine and getting organized, it sets expectations for the child and the new school year.
- Find time to talk to your child about any feelings they may be experiencing about the new year, new teachers or the new challenges they may be facing as they enter a new grade level. Keep an open line of communications. Remember that change can be stressful for your child and they may need to talk openly about their thoughts.

- Be patient: adjustment to a new routine takes time and every student is different. Routines take three to four weeks to become habit and for most kids to feel comfortable.
- Create a sense of community for your child. Help them find ways to engage in school activities and events. Create opportunities for your student to get involved with peers who have similar interests.
- Parent involvement is critical, too. Make time to meet the teachers, school staff, and your child's friends. Meet the parents of the friends.
- Visit the school early and often. Volunteer at an event. Sit in a class or have lunch with your child.
- Get regular updates on your child's progress. Send teachers emails to touch base or see if there's something they want to share with you that will help your child be more successful. Ask the teacher for insights or ideas that will help your child flourish.
- Most important, tell your child that you believe in them and you know they can and will be successful.

Start the School Day the Right Way — With Breakfast!

Toya Stewart Downey Staff Writer

Many people grew up hearing their parents tell them that breakfast is the most important meal of the day. Turns out Mom and Dad were right! Research has proven that students who eat a healthy and filling breakfast perform better in school.

Deborah Foye, Nutrition Services Coordinator for Nay Ah Shing Schools agrees, wholeheartedly.

"We go all night long without any substance, so we are 'breaking the fast' with the first meal of the day," she said. "Many experts consider it important to have a protein with a carbohydrate, which prevents high spikes in blood sugar, keeps us feeling alert longer and prevents those mid-morning crashes."

Students who eat breakfast do more than get their metabolism going. They perform better on standardized math tests, and demonstrate improved visual perception, cognitive performance and better short-term memory compared to those who don't eat a morning meal.

Plus, they tend to have a better record of attendance



Research has proven that students who eat a healthy and filling breakfast perform better in school.

per school year. These same students are more likely to graduate from high school, and are more likely to find better paying jobs.

All Mille Lacs Band schools offer free breakfast to all students. So, whether you call it breakfast or brainpower, all parents, grandparents, aunties and uncles should make time to provide a nutritious breakfast that will get their student ready for the day and their future.

the country carry backpacks as they commute to and from school. And when over-packing happens due to lack of awareness of the hazards, thousands of backpack-related injuries occur each year.

Experts recommend that a loaded backpack should never weigh more than 10 percent of a student's total body weight. That means students weighing 100 pounds shouldn't carry more than 10 pounds in their backpack. Approximately 55 percent of students carry bags that are much heavier than recommended.

Overloading can lead to back, neck and shoulder pain that could last for months and require medical attention.

Besides decreasing the weight load, how a backpack is worn also plays a factor. The height of a backpack should extend from approximately two inches below the shoulders to the waist or slightly above it. The backpack should be worn on both shoulders to evenly distribute its weight.

To help remedy the problem and prevent potential body aches, parents should check their child's backpack each day to make sure they aren't carrying books and other items they don't need. Students can also carry books in their hands or consider a rolling backpack if their school allows it. Heaviest items should be closest to the back and items should be packed so they don't slide around too much.

Minnesota Chippewa Tribe Finance Corporation First-Time Home Buyer Education Class

Saturday, October 5, 2013

8:30 a.m. – 4:30 p.m.

The Minnesota Chippewa Tribe Building
15542 State 371 NW
Cass Lake, Minnesota

First-time Homebuyer Education is a requirement of the Minnesota Chippewa Tribe Finance Corporation for qualified buyers.

This is the ONLY class we will be offering this fall, so please reserve your spot in this free class with Cindy Beaulieu at 218-335-8582, extension 150 or cbeaulieu@mnchippewatribe.org

No childcare is provided so please make other arrangements.



Are you an Elder or do you know an Elder who has a story to tell?



The Inaajimowin is looking for Elder stories for upcoming issues, like the one on page 8, which features AJ Nickaboine.

Send your name, contact information, and a brief description of the Elder you would like to feature to Andy McPartland at andy@redcircleagency.com or call 612-372-4612.

Is Your Child's Backpack Weighing Them Down?

It's time to make the load lighter

Toya Stewart Downey Staff Writer

In recognition of National School Backpack Awareness Day, an annual event held on the third Wednesday of every September, it seems to be an appropriate time to remind parents it might be time to lighten the load that their kids carry in their backpacks. Consider this. More than 79 million students across

There are thousands of backpack-related injuries each year.



Sioux raids, “cowboy” Indians, and reasons not to drink

Always Humorous, AJ Nickaboine Tells All

Deborah Locke Staff Writer **Tiffany Bolk** Photographer

When he was a child, AJ Nickaboine’s mother Lucy Mukwa told him important stories that he was supposed to remember. The stories described Sioux campground raids, how to recognize and use medicinal plants growing in the woods, ways to treat Elders, and much more.

On a hot August afternoon in his reservation kitchen, the colorful and outspoken Aurelius James Nickaboine, better known as AJ, told a few of those stories. He also waxed poetic on everything from aging to why Ojibwe men are becoming better parents to advice for young people.

We are trying to capture some of the Mille Lacs Band past in a series of stories generously shared by Band Elders like AJ. When you see AJ, thank him for his walk down memory lane and for the courage it takes to speak out.

The beginning

AJ was born at home on the Mille Lacs Reservation on October 29, 1942. His parents were Lucy Mukwa and John Nayquonabe. The youngest of eight children, AJ said he was “the last baby so I had a lot of privileges.” Everyone catered to the little boy and gave him presents like clothes and toys. “I was the best dressed little cowboy Indian,” he said, outfitted in cowboy boots, a cowboy hat and toy guns.

John Nayquonabe went into the military and did not return to the family, so AJ’s uncles became active in raising him. If the rambunctious child got too far out of line, Lucy Mukwa called one of her brothers to come over and mete out a fair punishment for AJ. Mostly, though, the outgoing child was everyone’s “little darling” who always did his homework at Vineland Elementary School, which is now the site of the MLB Government Center.

Lucy Mukwa spoke only Ojibwe, so AJ became her English translator. “I interpreted when they went grocery shopping,” he said. The women sewed quilts and AJ went into fabric shops to explain how many yards of cloth were needed.

The growing years

Children were not allowed to attend ceremonies then, not even funerals, AJ said. He said that at one time, the Ojibwe buried their dead on raised platforms but exchanged that tradition for underground burial that included a miniature house frame built over the grave to protect the spirit as it embarked on its journey.

The people celebrated in the fall with the harvest and plentiful food: wild rice, blueberries, corn, potatoes, and more. Often hunters shared their deer and moose meat with the family. Refrigeration was not common, and AJ remembers how his mother cried once over spoiled hamburger.

He picked and sold berries, and the money bought

new clothes for the school year. AJ was good at math and at figuring out sums in his head. He was a good student.

AJ learned history from his mother who relayed stories from her own mother. As an adult AJ’s grandmother would wake from nightmares about the Sioux raiding an Ojibwe campground. His grandmother was born in 1880 and in 1890, raids were still taking place although the major battles between the Ojibwe and Sioux were over. The Sioux traveled by canoe and raided by night.

AJ remembers hearing that babies were captured and adopted into the warring tribe as family members. The Ojibwe retaliated with a raid of their own, and the cycle of fear continued.

“It had to be terrifying for all,” AJ said. The mindset on both sides was if you do that to us, we will do that to you.

Most of what his mom told AJ had to do with morals and how to treat others, he said. For example, you would never raise a hand against an Elder or even startle them, he said. You would never interrupt a conversation among adults. Mostly Ojibwe children learned from the examples set by their parents, grandparents and aunts and uncles.

But when the adults were out of the picture, watch out! The excitable AJ started more than one “screaming match” in his time, which years later evolved into barroom fights. He’s got the broken nose to prove it.

But now we’re getting ahead of the story.

High school and technical college

It was as an older child that AJ learned he was poor. A kind of class ranking took place in Onamia public schools in this order: town kids, resort kids, farm kids, poor white kids, then Indians. The school district permitted the children of farmers to take off from school for the harvest. Indian families asked if their children could be dismissed for the wild rice harvest. The request was denied. The Indian kids were told to rice on weekends.

AJ graduated in 1960 and then got a drafting degree from what was Wausau Technical Institute. He worked for the Bureau of Indian Affairs for a year and then signed up for the Indian Relocation Program that took him to a job with the aerospace industry in San Jose, California. After about five years there, AJ returned in 1973 because Chief Executive Arthur Gahbow wanted him to come home and work for the federal Community Action Programs. A member of the American Indian Movement, AJ was vocal, and to some, a handful.



AJ advises young people to treat themselves well and be a friend to whoever is nearby.

In the early 1980s he moved to Minneapolis and worked for the Upper Midwest American Indian Center on Franklin Avenue, writing grant requests. He was good at that, he said. If the Center needed a basketball coach for 20 Indian kids, he’d find a funder. AJ returned home, worked at the Museum, and retired completely in 2012. He was married for a year in the 1970s.

Regrets alcohol use

AJ said he should have stayed away from alcohol during his life; he would have been more “productive.” He may have received promotions while working in San Jose; he may have continued with college. He has diabetes and lost a leg and needs nine hours of dialysis each day. He said he remains enthusiastic and alert but eventually his organs will betray him. He lost a kidney, had a heart attack, and does not think he’ll live beyond the age of 80.

“I hope I’m not ever dependent on other people and I hope I’m never in a nursing home chewing on my lip,” he said. “I want to pass on peacefully without much commotion. My future is short term.”

To young people he advises that they treat themselves well and be a friend to whoever is nearby. Women are smarter than boys and men, he said. Men will use their intelligence when they are 35 and until then, want to remain as “kids.” But AJ notes some improvements.

“They’re not all going to quit drinking but more are accountable,” he said. “Now some will buy clothes and food first for their kids and then get drunk and go to jail.”

He also observed a belief in karma for Ojibwe people; that is, what goes around comes around. “You’ve gotta be careful,” he said. “Don’t do bad as you will pay later.”

A couple hours passed between the start and finish of the interview. He followed his guests out the door past a few girly pictures posted on the walls. AJ sank into a lawn chair on his deck and remarked on the heat and the summer and the view.



Kelly Applegate talks with a little girl and her family at the Minnesota State Fair.

Band Members Staff 2013 State Fair Bird Booth

Plus an update on the purple martins

Deborah Locke Staff Writer

A small blond girl gave a big heave to the prize wheel outside the State Fair Department of Natural Resource building. The prize wheel needle landed on the picture of a duck.

Her mom told her it was a duck, the girl whispered “duck” to MLB Band member Kelly Applegate, and Kelly happily pronounced the little girl a big winner.

With great fanfare, the girl received a stamped bird imprint on her hand as a prize. Her parents steered her away and the family was immediately replaced with another family who went through the same ritual. Spin. Name. Win. Cheers. Fanfare. Stamp.

For four hours on July 23 at the State Fair, four members of the Mille Lacs Band met with the public to answer questions about birds. The booth was sponsored throughout the entire course of the fair by the Minnesota Ornithologist Union. MLB’s own birdman, Kelly Applegate, answered most of the bird questions and listened to the bird stories.

You may remember Kelly from a story earlier this year about the Band’s efforts to increase the purple martin population in the Great Lakes area. The bird population has decreased by 78 percent in the last 40 years due in part to a lack of housing, pesticides and weather changes.

Efforts to increase the numbers paid off recently. This spring 120 chicks were hatched at the purple martin housing complex near the Elder complex on Mille Lacs Lake. The chicks were banded; later 24 of the older birds were outfitted with special locator devices to track their migratory habits that include a 6,000-mile winter trip to the Amazon Basin.

It’s hard to know why only two of the 24 birds returned this spring, Kelly said. They may have died due to the severe winter and long spring, they may have died in a hurricane, they may have simply gone somewhere else

(although the birds are known to return to the same home year after year).

What is known for sure from the two birds that returned is this: one of them completely avoided a hurricane area en route to Brazil last winter and chose a safer route. Another one stopped in Bolivia for a visit. Earlier studies have shown that the birds like to stop over at the Yucatan Peninsula, which is just south of Cuba. Knowing flight patterns vastly enhances what we know today about the bird, Kelly said in a phone interview.

Once they return to the northern states and Canada in the spring, favored habitats include wetlands, residential areas and farmland. Mille Lacs Lake serves well as a habitat because of its generous flying insect population. Dragonflies are a tasty favorite of the birds that grow to be seven or eight inches long and have a wingspan of up to 16 inches.

All of that information and more was available on that hot afternoon at the fair. During the same week that Kelly worked at the booth, he also traveled by pontoon boat on Bald Eagle Lake in Washington County to see the purple martin roost.

Think of the roost as a giant powwow for birds. Each fall they gather in large numbers at a different location. In 2010 more than 70,000 purple martins gathered at Lake Osakis. At sundown each night after a day of gathering food, the birds return to the selected location, Kelly said.

“The flight is one of nature’s most impressive scenes,” he said. The thousands of flying birds block out the sun for a short time, appearing as a kind of cloud formation on weather radar equipment. That is how roosts are located: the massive numbers appear on radar as clouds that descend as the birds land. No one knows why they pick the places they do to roost or which birds are responsible for that decision.

That is the reason for ongoing study, and for efforts to protect the birds that are called purple because of their iridescent sheen in certain light.

You could say that a certain light was cast at the State Fair this year as Band members shared their insight and passion for wildlife with the public for an afternoon. Foot traffic was steady as hundreds of people passed by, hands were stamped and stories were shared.

Gun Safety

Deborah Locke Staff Writer



Cable locks and gun safes are recommended for everyone who owns guns.

On one hand, the rules for safe gun use seem pretty straightforward and hardly worth repeating. Treat all guns as though they are loaded, watch where you point, store them safely.

On the other hand, if the rules are so apparent, why do accidents occur? Someone leans a hunting rifle against a truck, it falls to the ground and fires. It happens.

Conservation officer Seth Jacobs with the Mille Lacs Band Department of Natural Resources teaches a class in gun safety that promotes common sense rules so fewer falling, discharging guns make trouble.

The rules are these: treat all guns as if they are loaded. Be sure the action (which holds the cartridge) is open when you hand the gun to someone else.

Also, control the firearm muzzle by always pointing it in a safe direction. Keep your finger off the trigger and away from the guard. Load the gun in the same place where you use it, for example, at a deer stand. If you need to walk across a field to the stand, leave the gun unloaded.

Finally, be absolutely certain of your target and what is behind that target.

Perhaps the worst tragedies occur when children play with guns. To prevent that, Seth recommends the use of a gun safe and cable locks for everyone whether you have children or not. If you don’t have a safe, a locked file cabinet should deter a curious child. Ammunition should be stored in a separate location and should also be locked up.

Seth said that in families where hunting is a long-standing tradition, young people come into the class without a fear of guns and a basic understanding of safety. On occasion he’ll have an adult take the class with no prior experience. He seldom meets a 40-year-old who wants to learn how to shoot. “Most people have had some exposure to guns,” he said, adding that if you follow the rules, you’ll have no problems.

TRIBAL NOTEBOARD



Happy September birthday to Mille Lacs Band Elders!

Joe Anderson, Jr.
Cynthia Mae Benjamin
Joyce Marie Benjamin
Viola Buck
Rose Marie Bugg
Joanne Frances Boyd
James Douglas Colsrud
Joseph Crown, Jr.
Roger Dorr
Shirley Ann Evans
Violet Louise Ewert
Lorena Joy Gahbow
Joseph Garbow, Wm.
Mary Rose Garbow
Roger Duane Garbow
Bernice Bea Gardner
Lisa Celeste Griffin
Carol Anne Hernandez
Bernida Mae Humetewa
Donna Lianne Iverson
Kathleen Lorena Johnson
Beverly Marie Jones
Marlan Wayne Lucas
Janice Renalda Lyons
Rueben Dale Merrill
James Michael Mitchell
Carol Jean Mojica
Jacqueline Jean Moltaji
Elmer Eugene Nayquonabe
Joseph Leonard Nayquonabe
DeWayne Michael Pike
Alan Ray Premo
Carol Ann Sam
Darlene Joyce Sam
Karen Louise Sam
Lloyd Andrew Shabaiaash
Janice Arlene StandingCloud

Charles W. Sutton
Marty Russell Thomas
Russell Harvey Thomas
Arne Vainio, Jr.
Leonard Wayne Weyaus
Richard James Weyaus
Bonita Diane White
Donald Ray Williams
Dale Barnet Wind
Micheal Francis Anthony Wind

Happy September birthdays:
Happy Birthday **Jason Eagle** on 9/7! Enjoy your day, and many more to come LOVE Mom and Jay Jay. • Happy Birthday **Dayshaun Colsrud** on 9/8 from Auntie Cat, Monica, Kay & Zay, and brothers Wes & Sky. • Happy Birthday **Kimmy Cash** on 9/8, love Nancy and the rest of the urban Gahbow's ♥♥♥. • Happy Birthday to the best Mom and Grand Mama **Panji Gahbow (Lorena)** on 9/8. We love you very much. From Nancy, Kyla, Kyel, and Albert Gahbow. • Happy Birthday **Uncle Waynee** on 9/9 with Love from Vannie, George, Reuben, Cedric, Cedar, Caiarah and Cyliss. • Happy Birthday **Drew** on 9/10 from Travis and Cassandra. • Happy Birthday **Brad Eric** on 9/17, love your brothers and sister. • Happy Birthday

Dad on 9/17, love Braelyn, Peyton, Eric, Wes, and Brynley. • Happy Birthday **Nick Colsrud** on 9/20 from Auntie Chips, Monica, Mom & Dad, the great one, and Melissa. • Happy Birthday **Chris** on 9/20 from Mom, brothers, and nephews. • Happy Birthday **Grandma Sandi** on 9/20 from all the grandkids. • Happy Birthday **Sandy and Christopher** on 9/20 from the family. • Happy Birthday **Travis** on 9/22 from your fiancée Cassandra. • Happy Birthday **Dad** on 9/28 with Love from Cedric, Cedar, Caiarah and Cyliss. • Happy Birthday **G** on 9/28 with Love from Vanessa and Reuben.

Happy belated birthdays:

Happy Belated Birthday **PJ** on 8/5 from Auntie Sherry, Joel, Gabbi, and Shawntel. • Happy Belated 10th Birthday **Kira Moose** on 8/5 with love from Mom, Eric, Zach, Jerry, Renae, and Bentley. • Happy Belated 11th Birthday **Gabbi Jellum** on 8/20, with love from Mamaz, Joel, sister Shawn, Grandma Deb, and the rest of the Harrington and Jellum families. • Happy Belated Birthday **Stewez** on 8/20 from Sherry, Joel, Gabbi, and Shawntel. • **Frances J. Benjamin:** Happy Birthday Mom on

8/27. I hope that you have felt very special and know that you are so loved. I am so thankful for you and all the strength and independence that you taught me. I love all of the fun times we have shared together. I Love you!! Your Daughter, Marcey. • **Erika Robertson:** You're such a little Darling with a smile as bright as the sun. I am impressed with your smarts and courage to learn more! Happy birthday "My Girl"! Love you, Auntie Marcey. • Happy Belated Birthday wishes **John Colsrud, Wes Premo, Cousin Janice and Shae.**

Other Announcements:
Congratulations to **Sara**

Hofstedt and Joe Packard on their September 29 marriage. Have a long and happy marriage! Love Mom and Dad, Grandma Olson, and family. • Congratulations to **Mallory and Tosh Stocke**, who were married on May 18. What a beautiful outdoor ceremony! Congrats on the purchase of your new home. Love Mom and Dad, Grandma Olson, and family.

Submit Birthday Announcements

Send name, birthday and a brief message that is **20 WORDS OR LESS** to Andy McPartland at andy@redcircleagency.com or call **612-372-4612**.
The deadline for the October issue is September 20.

Mille Lacs Band of Ojibwe

Summary of Expenditures and Financing Uses:	Approved Budget for FY 2013	Expenditures through 7/31/2013	% of Budget Expended
Administration (1)	14,697,144	10,137,288	69.0%
Workforce	17,417,811	4,927,558	28.3%
Judicial	1,461,285	640,350	43.8%
Law Enforcement	5,591,907	3,658,362	65.4%
Education	20,267,101	14,088,127	69.5%
Health and Human Services	24,420,414	13,907,709	57.0%
Circle of Health Insurance	7,637,383	9,140,699	119.7%
Natural Resources	7,621,345	4,774,029	62.6%
Community Development	39,331,571	13,859,605	35.2%
Gaming Authority	5,081,873	3,971,957	78.2%
Bonus Distribution	48,788,328	38,561,430	79.0%
Nelson Act Distribution	3,765,221	3,754,032	99.7%
Economic Stimulus Distribution	3,025,000	2,999,000	99.1%
Total	199,106,383	124,420,146	62.5%

- (1) Administration includes chief executive, administration, finance, legislative, government affairs, and district operations.
- (2) The amounts above do not include casino operations. However, they do include government operations funded by casino distributions.
- (3) The Mille Lacs Band of Ojibwe has its financial statements audited every year by an independent public accounting firm. Audit reports from previous years are available for review at the government center upon written request.
- (4) Economic Development appropriations have been excluded as of October 31, 1997.
- As of October 1, 1997, The Band has separated accounting functions for the Corporate Commission from the tribal government.

SEPTEMBER CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16 Firearms Safety Class DI: 6 p.m.–9 p.m. D-I Community Center DII: 6 p.m.–9 p.m. D-II Ceremonial Building Sign-up: Safety.class@millelacsband.com	17 Urban Area Volunteer Appreciation Dinner 5:30 p.m.	18 Firearms Safety Class DI: 6 p.m.–9 p.m. D-I Community Center DII: 6 p.m.–9 p.m. D-II Ceremonial Building Sign-up: Safety.class@millelacsband.com District II-A Chiminising Bingo 6 p.m. Chiminising Community Center DIII Community Meeting 6 p.m. Aazhoomog Community Center	19	20 Firearms Safety Class DI: 6 p.m.–9 p.m. D-I Community Center DII: 6 p.m.–9 p.m. D-II Ceremonial Building Sign-up: Safety.class@millelacsband.com	21 Firearms Safety Final Exam DI: 9 a.m.–Noon D-I Community Center DII: 9 a.m.–Noon DII Ceremonial Building Elder Bingo 11 a.m.–2 p.m. Urban Office
22	23	24	25 District II-A Community Meeting 5:30 p.m. Chiminising Community Center	26 Urban Area Community Meeting 5:30 p.m. All Nations Indian Church District II Community Meeting 5 p.m. East Lake Community Center	27	28 Native American Celebration Day Midtown Farmer's Market, Minneapolis
29	30	Oct. 1 Flu Shot Clinic for MLBO Band members and Employees 9 a.m. – 4 p.m. Ne-la-Shing Clinic Call for appointment 320-532-4163	2 Flu Shot Clinic for MLBO Band members and Employees 9 a.m. – 4 p.m. Ne-la-Shing Clinic Call for appointment 320-532-4163			

Child Support Program

The Child Support Program is pleased to welcome a new member of the team. Valerie Sam-Harrington joined the department in August as the new financial specialist. For questions about payments contact Valerie at: 320 532-7434.

In recent weeks an increased number of clients have authorized family or friends to handle their financial affairs using power of attorney. Please review the responsibilities associated with the delegation of power to another person. (See article in the July issue of the Inaajimowin about POA).

Child Support change of address policy:

All changes to the mailing address need to be in writing by the party receiving the funds. For clients receiving child support from a per capita garnishment, address changes are due by the 12th of the month for the following month's payment. Address changes can only be honored every 30 days. If a change needs to take place before the 30 days, any checks issued will need to be picked up from the office until the address has been fully changed.

Checks not picked up by Fridays at 2 p.m. will be put in the US mail unless other arrangements have been made with the Child Support office.

Any lost checks cannot be submitted for a replacement until the 10-day waiting period has expired; the check can't have been cashed within the 10 days. It can take up to 3 business days to get the check reissued.

Circle of Health Update

To better serve our Mille Lacs Band of Ojibwe community, the Circle of Health has relocated to the Ne-la-Shing Health Center. This move will benefit our community with ease of access and help optimize our services.

We opened our office at the Ne-la-Shing Clinic in District 1 on July 22, 2013.



The Department of Public Health is pleased to welcome new staff (L-R): Kathy Beaulieu-Sanders (RN, MCH Coordinator), Megan Cummings (Community Health Educator), and Kim Leschak (LPN).

Our new address is: Circle of Health, 43500 Migizi Drive, Onamia, MN 56359. Our new phone number is: 320-532-4163 or 1-888-622-4163

We have ordered new cards and will be distributing these cards in September. We ask for your patience.

The Circle of Health will be coordinating services with Contract Health Services, MNSure and our tribal employee/community health benefits programs.

The Circle of Health program has also applied to be a Certified Consumer Application Counseling agency with the Minnesota Health Insurance Exchange, MNSure.

MNSure is a one-stop health insurance marketplace where individuals, families and small businesses will be able to get quality health coverage at a fair price. Circle of Health staff will facilitate enrollment in public and private health insurance, determine eligibility for premium tax credits and allow tribal members to shop and compare between health care coverage options.

Open enrollment through MNSure begins October 1, 2013.

During the month of September, the Circle of Health staff will be completing online certification training to help people navigate the MNSure online marketplace.

We will be prepared to assist people with applying for health insurance online either in the clinic or at their home.

Band members need to update their enrollment and consent forms so they can get a new Circle of Health card that includes the new address and contact information for the program.

Community Assessment Update

Toya Stewart Downey Staff Writer

Results of the community health assessment that was administered in April will be available soon. The data collected during the assessment period is being tallied by the Great Lakes Inter-Tribal Council (GLITC). When it is completed, staff from the Department of Public Health will present results in each district as well as provide an overview in the Inaajimowin. Dates and times of the presentation will be announced in the coming weeks.

Band members participated in the assessment survey during the spring. Its goal was to help assess the health needs of the community and determine ways the Band's Public Health Department could better serve the community.

"The purpose of this survey was to gather information from community members about many different aspects of health, behaviors, and the community," said Kimberly Willis, a Prevention Specialist and Performance Improvement Manager for the Band's Department of Public Health.

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Heating, Water, and Maintenance Problems?

During normal business hours, tenants in Band rentals and Elders living within the service area should call 800-709-6445, ext. 7433, for work orders.

After business hours, tenants with maintenance emergencies should call 866-822-8538 and press 1, 2, or 3 for their respective district.

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

OCTOBER 2013 | VOLUME 15 | NUMBER 10



ONE FAMILY'S STORY OF THE WILD RICE HARVEST

PAGE 7

**BREAST CANCER:
SCREENING AND
EARLY DETECTION**

**ELDER STORIES:
THE SECRET TO
A LONG LIFE**

**NAVIGATING THE
AFFORDABLE
CARE ACT**

**AMERICAN INDIAN
CENTER'S NEW
EXECUTIVE DIRECTOR**

MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE
BENJAMIN
CHIEF EXECUTIVE



Dagwaagin is upon us, with the beautiful fall colors nearing their peak. Like many Band Members, autumn is my favorite season but it always goes by so quickly. September was a very busy month for the Executive Branch, including a Cabinet meeting, a Shareholders Meeting, and multiple meetings with other tribes and government agencies on very serious matters.

There is one very important meeting I want to highlight this month. As your elected leaders, we know that of all the problems our community faces, violent crime is our biggest challenge. Too many of our people are dying at the hands of violence. Too many people live in fear in their own homes. Too many of our youth are being coerced into gang activities. We have a responsibility to do whatever we can to keep our community safe, so this year the Band applied to the U.S. Department of Justice for federal assistance under the Tribal Law and Order Act, Public Law 111-211.

On September 11, Department of Justice attorneys from Washington D.C. visited the reservation as part of our application to the federal government. They met with the elected officials, our tribal attorneys, law enforcement and Band staff. Officer Justin Churchill provided a tour of District I, where they were able to see the locations where crime had actually occurred and the visible impact of gang activity, such as gang graffiti and homes with bullet holes in the walls. One of the most compelling stories they heard was that some of our Nay Ah Shing teachers are at risk of quitting or actually have quit, because they are fearful of going into our neighborhoods for home visits. This was after some of our youngest children reported to their teachers that gunshots were heard in their neighborhood.

The Tribal Law and Order Act would allow for federal prosecution of many of the crimes currently committed on the reservation, and federal sentences. We believe that federal prosecution will discourage violent crimes and drug crimes on the reservation because people would not be facing short sentences in Milaca. Those committing violent crimes will be facing long sentences in Leavenworth, Kansas, or another federal prison. Federal sentences also tend to be longer and there is virtually no opportunity for early release.

Our goal is to reduce violence and ensure that criminals know they risk federal prosecution and federal prison if they commit crime on the Reservation, and we will keep the community updated about this process.

Violent crime has also had a severe impact on our youth and is directly interfering with the education of Band children. Currently, Minnesota has the lowest high school graduation rates of American Indian students in the United States. I was a part of a Community Conversation through Central Lakes Community College this summer where we discussed the achievement gap between Indian and non-Indian students in Isle, Nay

and readiness, address financial issues and create mentoring programs. These are critical issues, because the reality is we are in a crisis with regard to the education of our children and we need an immediate, urgent response. I welcome this new partnership with MNSCU and am hopeful we will make progress working together.

Another matter related to public safety that many Band members have been wondering about is our on-going investigation involving the tribal police. As a brief update, the attorneys at Lindquist and Vennum are continuing their work and nearing completion. Their report is expected at the end

of November. One of the attorneys is the former head of the Minnesota Branch of the American Civil Liberties Union, and the other is a former Assistant United States Attorney. They are taking in information about the relationship between the police and the community, investigating a recent incident regarding one of the officers (and possibly others), and they will make recommendations to the Band government regarding the tribal police when their report is completed.

With so many critical issues facing the Band community, attending the trip to Branson, Missouri, with the Elders was a welcome break. American Indian businesswoman from Oklahoma Margo Gray had explained to us that Branson is the original homelands of the Osage. That might explain why our Elders are able to relax so much when we're in Branson. The entire trip was wonderful

and all Elders seemed to really enjoy themselves. From the Legend Show to Dolly Parton's Dixie Stampede, a good time was had by all. Gail Tyson, in particular, had me laughing so hard as she let loose at the Legend Show. Seeing Elders so relaxed and acting youthful was the highlight of my month. I want to thank everyone who was able to attend this trip — I hope it was as rejuvenating for the Elders as it was for me.

Melanie Benjamin



Renee Gurneau and Lea Foushee, co-authors of *SACRED WATER: Water for Life*, presented this gift to Melanie and the Mille Lacs Band at the "Nibi and Manoomin" conference in September. Head to page 7 to read Melanie's opening remarks at the conference.

Ah Shing and Onamia, which is the worst in the state. This is a crisis that cannot continue, and will only be addressed with strong community partnerships. Recently, I became Chair of the American Indian Task Force on Education of the Minnesota State Colleges and Universities System (MNSCU), which includes 31 colleges throughout the system. This Task Force was created in conjunction with a commitment by the MNSCU Chancellor to reduce the persistent gap between American Indian and non-Indian students by 50%, reduce the completion gap by 25% and close all racial achievement gaps by 2023. The goal of the Task Force is to work collaboratively to increase success of American Indian students. Through this partnership with MNSCU, we will work to improve student preparedness,

Minnesota Housing Finance Agency Recognizes Marge Anderson

Andy McPartland Staff Writer

In appreciation of Marge Anderson’s contributions to homeownership in Indian Country, the Minnesota Housing Finance Agency (MHFA) passed a resolution in honor of the former Mille Lacs Band Chief Executive.

Marge, who passed away on June 29, was deeply involved in the establishment of affordable housing for tribal members in Minnesota. She served on the Minnesota Housing board of directors from 2000-2004 as well as the board of directors of the Federal Home Loan Bank of Des Moines.



Marge Anderson at a ground breaking ceremony for District III housing, September 2009.

Additionally, Marge was a board member of the Minnesota Chippewa Tribe’s Finance Corporation, which was the largest administrator of Minnesota Housing’s Tribal Indian Housing Program. During her time with the MCTFC, hundreds of mortgages were made available to tribally enrolled members of the six bands of Minnesota Chippewa Tribes.

Resolution No. MHFA 13-050 notes that the MHFA “hereby recognizes the many contributions to advancing homeownership in Indian Country made by Marge Anderson and expresses its deepest appreciation for her guidance and wisdom.”

RESOLUTION NO. MHFA 13-050

Resolution In Recognition Of Marge Anderson
Former Chief Executive of the Mille Lacs Band of Ojibwe

WHEREAS, the Minnesota Housing Finance Agency (Agency) acknowledges that its mission cannot be achieved without the support of its partners and the communities in which it invests;

WHEREAS, Marge Anderson served as a member of the Minnesota Housing board of directors from 2000 until 2004, and;

WHEREAS, Ms. Anderson served on the Board of Directors of the Federal Home Loan Bank of Des Moines, working to establish strong Affordable Housing Programs for tribal members, and;

WHEREAS, Ms. Anderson also served on the board of the Minnesota Chippewa Tribe’s Finance Corporation (MCTFC), the largest administrator of Minnesota Housing’s Tribal Indian Housing Program, and;

WHEREAS, during Ms. Anderson’s tenure with the MCTFC, hundreds of single family first mortgages were made available to tribally enrolled members of the six bands of Minnesota Chippewa Tribes, helping the Agency to meet its priority of promoting and supporting successful homeownership.

NOW THEREFORE, BE IT RESOLVED:

THAT, the Board hereby recognizes the many contributions to advancing homeownership in Indian country made by Marge Anderson and expresses its deepest appreciation for her guidance and wisdom.

Adopted this 25th day of July, 2013.

CHAIRMAN



Fathers Reading Everyday (FRED) is just one program the Mille Lacs Band of Ojibwe supported this year.

Mille Lacs Band of Ojibwe Donates More Than \$160,000

Band supports 783 organizations in Minnesota

Sarah C. Barten Corporate Commission Public Relations Specialist

The Mille Lacs Band of Ojibwe donated \$164,067 in monetary and in-kind contributions to a variety of nonprofit organizations and other charitable causes from April through July of 2013. The Band and its businesses make donations to community organizations including schools, hospitals, law enforcement agencies and food shelves in Minnesota.

“The Mille Lacs Band of Ojibwe is committed to being a strong community partner,” said Joe Nayquonabe Jr., corporate commissioner for the Mille Lacs Band of Ojibwe. “Fostering healthy, safe and vibrant communities is essential to the future of Minnesota and the Band is dedicated to supporting that bold vision.”

Notable donations from the Mille Lacs Band include:

- \$3,000 to the Mille Lacs Area Health Foundation for the purchase of two Lucas CPR machines and a cautery machine
- \$1,000 to the City of Onamia Police Department for upgrades to supplies and equipment
- \$1,000 to the Rhine Lake Retreat Center for building upgrades
- \$1,000 to the City of Isle Police Department for upgrades to supplies and equipment
- \$1,000 for Brainerd Community Education — Fathers Reading Everyday (FRED) program
- \$500 to support the ‘Fast Cop’ program in Ironton
- \$500 to the Pine City Fire Department for assistance with fire safety materials

The Mille Lacs Band makes charitable donations to worthy causes throughout East Central Minnesota and beyond. More information about how donations are awarded can be found on the Mille Lacs Band website (millelacsband.com).

Frances Mabel Staples



Martha St. John Davis



CLEAN LIVING, THROWING PUNCHES, AND THE SECRET TO A LONG LIFE

Deborah Locke Staff Writer



On a beautiful September day, I met with two Mille Lacs Band Elders around lunchtime at the Assisted Living Unit in Hinckley. In a lively conversation, Frances Mabel Staples and Martha St. John Davis told stories from a time long before casinos, cell phone towers and paved roads. Martha is an auntie to Frances although they are close in age.

The women were funny, profound and extremely kind to me, a stranger in their midst. Below is what they said as a part of our series on the history of the Mille Lacs Band through the eyes of its Elders.

When were you born?

Frances: I was born on June 30, 1928 at a summer campsite in the woods. They did logging there and picked rutabagas when it was rutabaga season. They picked those by the bushel.
Martha: I was born on July 24, 1928 at Lake Lena.

Who were your parents and how large was your family?

Frances: Annie St. John Reynolds and Richard Reynolds. I had two sisters, Elsie and Barb.
Martha: My parents were Grace Sutton and Fred St. John. I had oodles of brothers and sisters, about seven or eight.

Tell me about school.

Frances: I started school when I was about five or six, or maybe eight.
Martha: I began when I was seven at Markville. Now there's nothing there.

What was life like when you were little?

Frances: It was beautiful. We had to work all the time, help our parents outside in the heat and sun. We used to wash socks on one of those washboards. That was tough duty, those socks. They sure get dirty.



Martha: I didn't like to do that.
Frances: We hauled wood, cut it up. We had three rooms, a kitchen where the stove was, the bedrooms and the cellar. We'd put veggies down there so they'd be fresh.

During ricing season do you remember dancing on the rice to remove the husks?

Martha: We didn't dance. There was no dancing.
Frances: We shook that rice and it came out clean. Back then everything was clean when we were living in the woods.

What else do you remember about school? Did you go to a one-room school house?

Frances: No. There were different classrooms.
Martha: I remember Mrs. Kelly.

How did you get around back then?

Frances: They had Model A's. You had to crank them to start them.
Martha: We had a Model T. Dad had one but he would not let me drive it.

What foods do you remember?

Frances: Same as what we eat now. Oatmeal. Bacon. Fry bread. Pancakes. We had a big garden. I and her (Martha) used to go up and take radishes. And we'd go out in the woods. We had deer meat, our dads hunted and fished. We picked berries.

Were you healthy?

Frances: You betcha! (waved arms for emphasis)
Martha: We're still healthy!

What games did you play as children?

Martha: We played softball, swam in the lakes in the summer.
Frances: Where we took baths! Yes, my mother made the soap.
Martha: I stayed with my sister and her family when we were in school in Markville. We had to walk to school — there was no bus.

Were you good students?

Martha: Of course! (laughter) My best subject? Anything and everything! In school there was this one girl who cornered me all the time. Then I let her have it. She didn't bother me after that.

Frances: We went through the eighth grade. There was no high school.

What happened after school?

Frances: I went to St. Louis, Missouri. I went to school to be a nurse and learn how to understand the mentally ill.
Martha: I stayed home, helped around the house. I did housekeeping for others, would go out with my cousin. That's how I met my husband. Then we got married. Here I am today, all alone. My husband died. We had seven kids and lived in Minneapolis. My husband was a cab driver.

What is the secret to a long life?

Frances: Don't drink and don't smoke! My grandpa would say don't use that stuff. I was 17 and left home to become a nurse and make a living. We moved back here 12 or 13 years ago. My daughter still lives in St. Louis. Sometimes I go down there or she comes up here.
Martha: The secret is to be happy. Have a good life. Eat venison.
Frances: Eat fish.

What is the biggest change you have seen on the reservation?

Martha: Everyone quit drinking.
Frances: Electricity. No more kerosene lamps. Then we didn't all have cars and it would be hard to get groceries. It would be hard to bring in the wood.

How did you keep food cold?

Frances: Get ice from the lake. That would keep it cold.

What was the hardest time of your life?

Martha: The teen years were hard to get through. I stayed home and could not get away.

Were you a rebellious teenager?

Martha: Well, you could say that. I did not like to work at home.

A man yells to the women from across the Assisted Living Unit dining area: "I'll be back to tell you about the 'CW!'" (a television station). He leaves.

Frances: That was Eugene Davis. We call him Beaver because he eats like a beaver.

Do you think Indians will still exist in 150 years?

Frances: I leave that up to the big man up there (points to ceiling).

How do you fill your days?

Frances: I sit here, talking to you.

Do you play bingo? (Both women light up.)

Frances: It's my favorite game.

How else do you fill your days?

Frances: Ceremonies, see relatives. I watch the "Wheel of Fortune" every day. There is always something to do with family and friends. I've had a good life; I'm 84 years old and seldom get sick or booze or get a hangover.

Do you eat candy?

Frances: Throw candy away! Don't eat that candy.

You're both feisty.

Frances: When you have sons who box, they'll show you how to fight (feigns throwing a punch).
Martha: My boys are boxers, my grandsons are boxers, even the five-year-old.

What was the best part of motherhood?

Frances: They were all good children. They never talked back to you. We were happy. We'd save money and take them to Como Park (in St. Paul). My kids were well and not in trouble. Was that gratifying then, yes, and it still is.
Martha: The best part was having my kids around.
Frances: Yes, that was the best part.
Martha: We had plenty to eat and knew how to save.

That's all I have. Can I call you auntie?

Frances: Call me auntie.

Are you an Elder or do you know an Elder who has a story to tell?

The Inaajimowin is looking for Elder stories for upcoming issues.

Send your name, contact information, and a brief description of the Elder you would like to feature to Andy McPartland at andy@redcircleagency.com or call 612-372-4612.



Bernice Hicks

Screening and Early Detection Can Make a Difference in the



Against Breast Cancer

Toya Stewart Downey Staff Writer

Before her mother passed away as a result of breast cancer, Band Elder Carol Hernandez wasn't diligent about getting an annual mammogram. And neither was her mom for that matter.

But that was long before the disease became a collective national dialogue among people from all backgrounds and all walks of life and way before October became "Breast Cancer Awareness Month."

"My mom was one of the 10 percent of people whose cancer didn't show up on a mammogram so we found out she had it after she was being treated with antibiotics for an unspecified breast infection," said Carol. "But there were fluids that were built up on her breast and that's what eventually alerted the doctors to the fact that she had breast cancer."

Since then, medical technology has changed and so, too, have conversations about the disease and how to prevent it.

Carol's mom, Bernice Benjamin Hicks, was the daughter of the late Jim Benjamin and Maggie Taylor. She passed away 14 months after her diagnosis. She was 67 years old and mother of 12 children. She endured a single mastectomy, chemotherapy and radiation before learning that she had cancer in the other breast.

"That was our first experience with familial cancer and it was our mom, so it was a life-changing time for many reasons," Carol said.

For one thing, Carol said she became "religious" about getting an annual mammogram. And she made sure that her relatives knew their family's health history, particularly since another sister, Nancy Gish, also had breast cancer. Nancy also passed away, but it was from emphysema.

According to the Office on Women's Health in the U.S. Department of Health and Human Services, breast cancer is a major cause of cancer death in American Indian and Alaska Native women. Even though native women have lower breast cancer rates than white women, they are more likely than white women to be diagnosed at a later stage, when the cancer is more advanced and harder to treat.

While breast cancer rates vary in dif-

ferent parts of the country, one common thread is that even though screening is available and often free or low-cost, many native women don't get screened.

Breast cancer is a major cause of cancer death in American Indian and Alaska Native women.

— U.S. Department of Health and Human Services

"Cancer is treatable and that's why we need to get screenings done," said Carol. "Historically, we as Indian people haven't been good about screenings and preventative care."

Donna Hormillosa, a registered nurse for the Band, says that while it's scary to think about getting a diagnosis of breast cancer, early detection typically means a better outcome. Women should begin getting annual mammograms at age 40.

"A good place to start is by performing a monthly breast exam and making note of any pain, swelling, redness, lumps, discharge or a rash," said Donna. "Any change that is noticed should be discussed with a health-care provider. In addition, it's very important for women to get

a clinical breast exam."

Though men can get breast cancer, it is most common in women. One in eight women will be diagnosed with the disease in their lifetimes. It is the second-leading cause of death in women.

Cancer grows when a cell's DNA is damaged, but why or how that DNA becomes damaged is still unknown. It could be genetic or environmental, or in most cases, a combination of the two. Still, most people will never know exactly what caused their cancer.

However, experts have identified certain established risk factors that may indicate a stronger likelihood for cancer.

It's also worth noting that 60 to 70 percent of people with breast cancer will have no connection to the known risk factors and other people with risk factors will never develop cancer.

"My mom, luckily, didn't feel like she had been cheated out of life. She felt like she had a good life and kept a positive attitude about having terminal breast cancer," said Carol. "That made it easier for us and we were glad to be able to provide care for her. Still, we wished we could have talked to her more about her life, happy times, fond memories and such, but we were so busy caring for her that we didn't get that chance."

Some Risk Factors for Breast Cancer

- Gender: breast cancer occurs nearly 100 times more often in women than in men.
- Age: two out of three women with invasive cancer are diagnosed after age 55.
- Race: more white women are diagnosed with the disease than those of other races.
- Family history and genetic factors: if a mother, father, sister or child has been diagnosed the risk increases. If the relative was diagnosed before age 50 the risk increases.
- Personal health history: a diagnosis in one breast increases the likelihood for cancer in the second breast.
- Menstrual and reproductive history: early menstruation (before age 12) and late menopause (after 55), having a child at an older age or never having given birth can also increase risks.
- Lack of physical activity
- Poor diet
- Being overweight or obese
- Drinking alcohol

Free Breast and Cervical Exams

Free breast and cervical exams, along with screening mammograms, will be held in each District during October for eligible women. The SAGE program, the State's cancer screening program, will bring its mobile mammography unit to the different areas to offer the screenings.

Women ages 40 or older or who have a family history of breast cancer are eligible to sign up for a mammogram on any of the days listed above. Pap smears will also be offered through the Mobile Mammography Unit. No appointment is needed. Women will be seen on a first come, first served basis. For more information, contact Mary Young Thompson at 320-532-4163, ext. 2502.

The free screenings will be held:

- **District I:** Wednesday, October 23 from 9 a.m.—4 p.m. at Ne-la-Shing Clinic
- **District II:** Thursday, October 24 from 9 a.m.—4 p.m. at the East Lake Clinic
- **District III:** Friday, October 25 from 9 a.m.—3 p.m. at the Lake Lena Clinic and Aazhoomog Clinic

One Family's Story of the Wild Rice Harvest

Deborah Locke Staff Writer

During his years growing up in Isle, Dave Sam heard a story about the wild rice harvest.

It seems Dave's grandma, Annie Sam, gave birth to her first child, Ole Sam, at 4 a.m. one morning during ricing season. She was only 14 or 15 years of age.

As of 8 a.m. that same morning, Annie was in a canoe with her infant strapped to her back, knocking down rice with her husband, Mike.

"You don't hear that kind of stuff anymore," Dave said.

No, you sure don't.

Back in the day, Dave, 63, knew when rice season rolled around by the equipment the adults heaped on and in the car: poles on the car roof, paddles on the seats. Children pretty much stayed out of the way as adults focused on harvesting the Creator-given wild rice.

It was stories of wild rice that brought the Ojibwe to the Upper Midwest as many as 1,000 years ago. Originally from the East Coast, the people were advised to move west to a turtle shaped island (Madeline Island) and to a place where food grew on the water.

That brought some of them to Minnesota and to the Mille Lacs area. The light gray grain with its high protein content continues to nourish the Ojibwe today and is usually included at ceremonies and powwow gatherings.

When Dave Sam was a little boy, the adults in his life kept an eye on the rice in Onamia Lake each August to see when it was ripe. The plant appears as a series of stalks that grow in the murky, muddy part of a lake, Dave said. Early in the summer you'll see clusters of thin tapered green leaves that float on the surface before stalks sprout and grow to about four feet in height.

"The stalks have pods that fill with grain and that grain is manoomin, or wild rice," Dave said.

He used to watch his dad Frank Sam and his stepmother Baptiste finish the rice. His dad would lay tarps on the ground and fill them with rice. They would lie in the sun to dry out for a day. The rice was put in bags and then threshed to remove the husks.

Cast iron kettles were placed in a fire pit and filled with rice, which was cooked and stirred until it was a golden brown. The husks became brittle and fell off. Frank Sam was too heavy to thresh the rice by foot since it would crumble under his weight, so he rigged up a mechanical thresher. Baptiste used a winnowing basket.

"I'd see her standing next to tall weeds and trees and she would shake up that rice into the air using the basket and the wind blew the husks out," Dave said.

In 1993, Dave — with help from his wife Mary — started to gather rice. They harvested and finished rice nearly every



Young Band member Keenin Wind learns to parch the rice.

year and in later years, finished rice for others in a thresher machine. Health restrictions keep them off the lake now.

He remembers well his Aunt Rose Noonday who had a talent for knocking 300 or 400 pounds of rice each time she went out. She selected a different family member each year to rice with, and everyone hoped they would be selected. Dave riced with her as a teenager when wild rice sold for 25 cents a pound, but money went much further then. **Continued on page 10**

Opening Remarks from Nibi and Manoomin Symposium

Melanie Benjamin Mille Lacs Band Chief Executive

Aniin, Boozhoo! As Chief Executive of the Mille Lacs Band of Ojibwe, I'm honored to welcome you all to the Mille Lacs Reservation for this important conference about Manoomin and Nibi.

In our Anishinabe culture, Manoomin — or wild rice — has critical importance:

- It was wild rice that brought us to these lands. Our ancestors were told to follow a trail of sacred miigis, or white shells, toward the west until they reached the food that grows on water. It was Manoomin that we were looking for, and it was because of Manoomin that we settled here in east-central Minnesota. Wild rice is at the very heart of our migration story.
- Culturally, everything involved with harvesting Manoomin is still done in the traditional ways of our ancestors. Real wild rice can only be harvested in a canoe, and our people still process rice in a kettle over a fire and follow traditional ways.
- And finally, there is the nutritional value of Manoomin. Wild rice has been proven to be among the most nutritious foods among all rice products in the world. It has more protein and minerals than nearly any other grain. As Anishinabe people, we need wild rice to survive.

Wild rice is not just a food that we eat. Not just a product we sell. Manoomin is a profound part of our history and traditions that has great cultural importance. It was given to us as a gift by the Creator, and we have a responsibility to ensure it is protected forever.

Protecting Manoomin has become more challenging in recent years. Like so many of our natural resources, outside forces have threatened our Manoomin harvest. These activities are also directly related to protection of Nibi, our Water.

- Human activity related to construction, like dams and roads, climate change and agricultural chemicals have already harmed or threaten to harm the wild rice beds.
- Paddy rice growers have threatened the economy of wild rice for Native harvesters. Because paddy rice can be grown and harvested mechanically, and the public at large does not know the difference between paddy rice and wild rice, policies protecting wild rice beds are hard to get passed.
- Copper sulfide mining in northern Minnesota and pipeline projects in Wisconsin could harm the wild rice beds and our fish. This is an issue I've brought to the attention of the Tribal Nations Leadership Council, which I'm a member of. This Council advises the U.S. Department of Justice. As mining is expanded, it is critical that our natural resources be protected.
- And finally, many Anishinabe people are concerned about GMO — the genetic modification of wild rice. Many here in this room are very familiar with that issue, which began with university research.

This last point is very important. Many here today are representing the scientific community and higher education. I truly welcome you, because your attendance proves that you want to work in partnership with the tribes, and that you understand that Manoomin is more than just food for Anishinabe people.

Your participation shows that you understand that advancing science is NOT mutually exclusive from protection of Anishinabe culture and traditions, and that you care about protecting our natural resources as partners.

Besides Manoomin, this conference is also about protecting Nibi, or water. For Anishinabe people, everything comes back to Water.

In our search for Manoomin, we came from the Great Salt Water. We followed the St. Lawrence River into the Great Lakes, to find the food that grows on water. The Anishinabe Bands settled on water, like Mille Lacs Lake. Nibi is a gift from the creator that none of us can live without. We need to be kind to the Manoomin and Nibi and treat them with respect, or the future of all people — everywhere — is at risk.

Working together is how we must move ahead. This conference is about building new partnerships. But it is also about building trust and respect between people.

On that note, there are other people here today who are honored members of our communities who I need to recognize. Their participation is critical to the protection of Manoomin and Nibi. Most do not have PhD's behind their names, or tribal leader titles, but they have more knowledge about wild rice and water than anyone else in this room today: They are our Elders, who have lived from the water, who have riced and fished their entire lives. These are the true experts.

They have traditional knowledge that can't be learned from books, or in a classroom, or in a lab. I ask you all to take a moment and express appreciation to all the Elders in the room...Miigwetch!

You have an impressive agenda today. The only way our goals will be reached is through working together. I want to thank everyone for attending today, especially the conference organizers, Indian and non-Indian, and wish you well.

Learning from one another, I believe you will create the trust, respect and new partnerships that ensure the survival of all our People.

Miigwetch, and welcome to the Mille Lacs Reservation!

Students Experience Ojibwe Language/Culture Day Camp

Ren'e Athman Special Education Teacher and Coordinator at Minisinaakwaang Leadership Academy



Summer camp students learn about Ojibwe culture from teachers and Elders from the McGregor community.

Minisinaakwaang Leadership Academy in McGregor held its first Ojibwe Language/Culture day camp this summer. The camp ran July 29–August 9. It was open to all ages of students from the McGregor area, with children divided into age-level groups. The classes were run by teachers from the school and Elders from the community. Some of the activities included making birch bark crafts, identifying leaves/trees in English and Ojibwe, building a wigwam, nature-walks, history of the Ojibwe people, fishing, and canoeing. Some of the classes were at the school and some were at the Rice Lake Wildlife Refuge. The school year then started for students at Minisinaakwaang the following Monday August 12th. The school plans on doing the camp again next summer.

5th and 6th Graders Participate in Youth Football Program



Pictured L-R: Jayden Wilson, Quentin Matrious, Reggie Knowlen, Kase Pike, Mesai Nelson, and Cedric LaFave.

Fifth and sixth grade Band members participated in the first ever Hinckley/Finlayson Jaguars Youth Football Program this summer. The program consisted of 14 sessions focused on learning the fundamentals of football. The boys eventually traveled to play in the Moose Lake Youth League tournament. Players also were given the opportunity to show off their skills during halftime of a varsity game.

"I'm encouraged by the enthusiasm the boys showed in this program. They played very well and represented our community proudly with their skills," District III Representative Diane Gibbs said. "I had fun watching them with the parents and family members who came to cheer them on."

Navigating the Affordable Care Act

Circle of Health Prepared to Help Band Members with Transition

Toya Stewart Downey Staff Writer



Approximately 25 percent of Band members are uninsured and are eligible to use the exchange program to look for insurance.

Beginning this month one of the biggest changes in the nation's health-care system rolls out. It's known as the Affordable Care Act and was adopted during President Barack Obama's first term in office.

Fast forward to October 2013 and the plan, most commonly known as "Obamacare," is getting underway with millions of Americans going online to compare health plans. They will be able to find out if they're eligible for federal help with premiums and to buy coverage. Enrollment began on October 1 and goes through March 31.

In Minnesota, the online health insurance "exchange program" is called Mnsure and it serves as the state's online marketplace where residents can compare and shop for a plan that fits their budget. Residents can also learn if they qualify for a free or low-cost plan.

According to Circle of Health Director Ginger Weyaus approximately 25 percent of Band members are uninsured and are eligible to use the exchange program to look for insurance. That's where a unique partnership with other Band departments comes into play, she said.

Those who need assistance with the process can get it through a variety of avenues, said Ginger, adding, "Whatever door they access they will be able to get help. It could be public health, the urban office, TANF, Lake Lena, Aazhoomog, chemical dependency, or other departments. Band members will be able to get the help they may need."

The need for the collaboration came because as a depart-

ment of four, the staff at Circle of Health isn't equipped to handle all the potential needs of clients as they navigate the health care options. To date, 40 Band employees from the other departments have been trained to assist those who need help.

"The 40 people who are trained will be certified and will be able to help determine if people are eligible and which program they are eligible for," said Ginger. "We will continue to be the main hub for questions and assistance."

Those who have COBRA or other types of similar insurance programs will need to use Mnsure.

Those who live in other states will need to use that state's programs as they vary by state. However, Circle of Health can help the out-of-state Band members find providers and field questions.

It's important to note that those who already have insurance don't need to access the Mnsure program and they won't see any changes they will see through Circle of Health as this program is for the uninsured.

"The biggest change is, if you need health insurance and you don't have it, we can find someone in the Band who can find out what

you're eligible for and help you apply," said Ginger. "Anyone who applies will be told what they are eligible for."

Those who live in households that are 400 percent over the poverty guidelines won't be eligible.

While there is a deadline to enroll, Circle of Health assures Band members they won't be cut off of the Band's program until they are enrolled in something else.

More information about Mnsure can be found at: mn.gov/hix

"Band members will be able to get the help they may need."
— Ginger Weyaus, Circle of Health Director

American Indian Center in Minneapolis Names New Executive Director

Deborah Locke Staff Writer



Mary LeGarde

Who has a familiar face in a familiar place, yet is almost brand new to the job?

Mille Lacs Band's urban area members know the answer.

She is Mary LeGarde, a White Earth enrollee who is now the Executive Director of the American Indian Center in Minneapolis.

Mary has had the job for three months officially, and served as acting Executive Director for a year.

Even with practice on the job, she said that the difference between filling in for the position and actually taking over is profound. Once you are responsible for every aspect of a job, its scope changes.

In January, the Center's Board of Directors met with staff to figure out how to attract more American Indians to the Center. Some community members have asked that a space be dedicated to local artwork, so that is a possible project. In October 2013, a community resource fair is planned. A fitness program is planned for 2014.

The Board voted to close the Center's café this year due to budget constraints, but it's hoped that soon another vendor re-opens the Café for business with a healthy food menu and training opportunities for those interested in food service.

The building at 1530 E. Franklin Avenue was built in the mid-1970s and always needs repair. Also, there are 30 employees to supervise. Funding sources for programs and building maintenance are not always reliable.

So how does one person effect so much change?

With help.

"I can't do everything myself," Mary said. "To be effective, we'll need to reach out to partners." The development of partnering relationships will take time, she said, which creates some frustration because Mary is in a hurry. If she had a lot of money, she would have the building completely renovated right now. In the '70s, the American Indian Center was an attractive showplace and center for activity in Minnesota's largest "urban reservation." Cultural events brought visitors as well as exercise equipment, a sauna and café.

Today the grounds need work and the building could use a facelift. Activities con-

tinue: the Center is a hub for eight social service programs such as domestic violence services, transportation and a lunch program for Elders, college prep for high school students, after school and summer enrichment activities for students, and a "Circle of Generations" program where families gather and celebrate their culture.

For example, a powwow was held in mid-September and the building was filled. That's what Mary would like to see all the time: people coming and going.

"Now our social service programs are the most important thing we do, but as we move forward, I'd like to see a revitalization that provides even more community access," she said.

Her path to the job started at St. Olaf College in Northfield when Mary decided that she wanted to work with and for American Indians. She grew up in Eveleth, and graduated from Gilbert High School in 1987. Her degree was in sociology, but a large part of her education dealt with maneuvering through a non-Indian environment. Mary said that she felt discrimination against Indians for the first time as a college student. If anything, that strengthened her resolve to get through school and work for Indians.

Mary has two daughters, one of whom attends the University of Minnesota – Morris. She strongly advises families to visit a campus before they decide to send a child there. Her daughter liked Morris right away and the school is a good fit, Mary said.

She had jobs in early childhood development, which led to opening a pre-school at the Little Earth housing community on Cedar Ave. in Minneapolis. That led to opening a learning center followed by creation of what is now the Four Directions Family Center. Mary started as a grant writer for the American Indian Center in 2009, which led to the executive directorship.

When Mary first took the job, someone told her that she'd be the person who either turned the Center around or completely brought it down. From her resolve, directness and energy level, you get the feeling she'll turn it around.

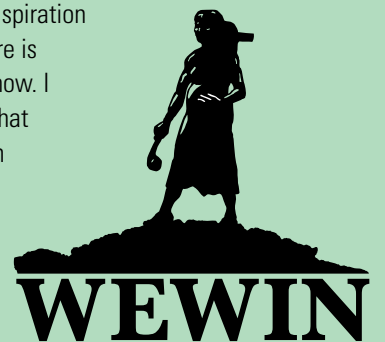


Mary LeGarde started as a grant writer for the American Indian Center in 2009 and is now the Executive Director.

Looking Back at the 2013 WEWIN Conference

Marley Saice Contributing Writer

Looking back at my experience attending the Women Empowering Women for Indian Nations (WEWIN) Conference, I realized the inspiration I received there is still with me now. I truly believe that the inspiration will stay with me throughout my time as a student as well as my professional career. It was wonderful to hear the stories of so many intelligent and successful Native women. Every one of those women was committed to the growth and prosperity of their communities. The conference taught me that with hard work and dedication I could accomplish the same.



While attending the self-care session, I had the privilege of meeting Susan Masten, who was a co-founder of WEWIN and the vice-chairperson of the Yurok tribe, as well as the second woman president of the National Congress of American Indians. While speaking with her she told me that she accomplished everything she's wanted to accomplish in her life and is thinking of writing a book. I told her that I would read it! I hope one day I can say the same that I've accomplished all I've wanted to. When I told her of my goals, she assured me that I can achieve them and that she believed in me. To hear that from someone who accomplished so much was very assuring.

It was a really great experience to be able to meet Native women from so many different tribes and from all over the country. I had the opportunity to meet women from California, Arizona, Texas, Nevada and Oklahoma. It was so interesting to hear their stories and learn of the different issues other tribes are facing. The WEWIN conference was exactly what it was intended to be: inspiring and empowering. Las Vegas was extremely hot, but the resort was beautiful and the conference was very well organized. I sincerely hope I am able to attend WEWIN 2014.

Interested in submitting to the *Inaajimowin*?

Send your submissions and birthday announcements to Andy McPartland at andy@redcircleagency.com or call 612-372-4612.

The November issue deadline is October 15.

TRIBAL NOTEBOARD

Happy October birthday to Mille Lacs Band Elders!

Diana Marie Anderson
Mary Ann Bedausky
Sheldon Ray Boyd
Vivian Ann Bruce
Marvin Ray Bruneau
Archie Dahl Cash
Albert Abner Churchill, Jr.
Steven Lawrence Churchill
Ervin Wayne Crown
Harold William Davis
James F. Dowell, Jr.
Joycelyn Marie Drumbeater
Jack Leo Dunkley
Byron William Garbow
Gary Richard Garbow
Helena Graikowski
Lucy May Hansen
Marene Hedstrom
Delores Mae Hegland
William Robert Hemming
Steven Blane Hensley
Charles Allen Houle, Jr.
Terrance Steven Leyk

Doreen Lorraine Knutson
Joan Littlewolf
Marcella Jean Maurice
Betty Mae Mondeng
Brenda Joyce Moose
Beverly Marie Nayquonabe
Aurelius Nickaboine, J.
Bernice Pewaush
Dorothy Sam
Fred Sam, Jr.
James Robert Schroeder
Merle Skinaway
Beverly Jean Smith
Charlene Marie Smith
Nancy Jean Spittell
Gloria Maria St. John
Montgomery Jay Staples
Jay Star
Russell Ernest Towle
Jill Marie Valentino
Darlene Almeda Warren
Earl Ellsworth Whitney
Nancy Marie Zeleznik

Happy October birthdays:

Happy Birthday **Marsha Sam**

on 10/1 from Mickey, Phillip, Nadine, Charlotte, Carter, Whitney, Dad, and PJ. • Happy 8th Birthday **Cyliss** on 10/8 with love from Mom, Dad, Reuben, Cedric, Cedar, and Caiarah! • Happy Golden Birthday **Clyiss** on 10/8. Love from Grandma Diane and Grandpa Oliver. • Happy Birthday **Darby** on 10/10 with love from Mom, Auntie, Nate, Meech, Sam, Lala, Jason, Jr., and Ruben. • Happy 1st Birthday **Son (Randall “Chunkas” Tucker)** on 10/11. Love Mommy, Daddy, Rayna Butt, Grandpa Randy, Grandma Linda, Auntie Colleen, Grandma Cissy, Papa Gary, Julian, Ricco, Angela, Kal’leo, Krisanne, Dae Dae, Rosie, Janet, and Dianna. • Happy Birthday **Amelia Benjamin** on 10/13 with love from Grandma and Grandpa. • Happy Birthday **Cheyenne** on 10/17 with love from Mom,

Auntie, Nate, Meech, Sam, Lala, Jason, Jr., and Ruben. • Happy Birthday **Thomas, Jr.** on 10/17 with love from Mom, Auntie, Nate, Meech, Sam, Lala, Jason, Jr., and Ruben. • Happy 6th Birthday **Eric** on 10/25. Love Dad, Melissa, Braelyn, Peyton, Eric, Waase, Wesley, Papa, Brad, Auntie Val, Adam, Mariah, Kevin, Auntie Rachel, Waylon, Uncle Bruce, Jayla, Lileah, Uncle Jay, Taylor, Guy, and Auntie Randi. • Happy Birthday **ValaReya** on 10/25 with love from Grandma and Grandpa. • Happy Birthday **Ron, Jr.** on 10/29 with love from Mom, Auntie, Nate, Meech, Sam, Lala, Jason, Jr., and Ruben. • Happy Birthday **Melodie** on 10/31. Love Mom, Gramma, Papa, Uncle Brad, Val, Adam, Mariah, Kevin, Rachel, Waylon, Brad, Melissa, Braelyn, Peyton, Eric, Waase, Wesley, Bruce, Jayla,

Lileah, Jay, Taylor, Guy, and Randi.

Happy belated birthdays:

Happy Belated Birthday **Charlotte Harrington** on 9/9 from Mom, Dad, Whitney, PJ, Carter, and Nadine. • Happy Belated Birthday **Nadine Harrington** on 9/28 from Mom, Dad, Whitney, Charlotte, Carter, and PJ.

Submit Birthday Announcements

Send name, birthday and a brief message that is **20 WORDS OR LESS** to Andy McPartland at andy@redcircleagency.com or call 612-372-4612.

The deadline for the November issue is October 15.

Notice of Sale at Eddy’s Lake Mille Lacs Resort

Corporate Commission



Join us on Friday, October 25 at Eddy’s Lake Mille Lacs Resort for a content sale

The Corporate Commission will be holding a content sale at Eddy’s Lake Mille Lacs Resort on Friday, October 25. The sale will clear out contents of 79 hotel rooms and will include beds, writing desks, night stands, lamps, chairs, tables, artwork and more. Mille Lacs Band members are allowed to shop the sale first, beginning at 7 a.m. If you do find something to purchase, you will need to take the items at the time of purchase. Arrangements to move any large items is the sole responsibility of the purchaser.

- **When:** Friday, October 25
- **Where:** Eddy’s Lake Mille Lacs Resort

- **Time:** 7 a.m. to 9 a.m. — Open to Mille Lacs Band members only.
9 a.m. to 5 p.m. — Open to Mille Lacs Band members, Grand Casino Mille Lacs, Grand Casino Hinckley and Corporate Commission Associates.
- Persons attending **must show their Mille Lacs Band Tribal ID or casino/Corporate Commission badge** to take part in this sale.
- **Cash or Check only.**
Sale is **not open** to the public. Everything sold is “as is” and all sales are final. All purchases **must be picked up on October 25.**

Continued from page 7

Wild Rice Harvest

“We’d make \$300 a day that was a lot of money when you figure that gas was a quarter a gallon,” he said.

Today the MLB Department of Natural Resources decides when the rice is ready for harvest for the two or three week season. This year has produced a good rice yield on most area lakes. Mallard Lake always produces good rice, Dave said. It is regulated by the state DNR.

A couple years ago a non-Indian family from the Isle area stopped by to see if Dave and Mary would help them finish their rice. They had two young sons.

“I like to involve people so they learn to do it themselves,” Dave said. “We taught them how to rice; after that they came every year to borrow our equipment and pay us in rice. They finished it the way I learned it.”

The best ricing day is overcast with a slight breeze and no sun, Dave said. And yes, he has tipped over in the canoe and said that most everyone who rices can expect to tip over at least once. Another challenge? Worms and spiders everywhere, especially on people.

“My friend Virgil says you just man up,” Dave said with a laugh.

He misses ricing. “I wish I could be out there,” he said.

But in a way, he’ll always be out there. Every person who received a lesson in ricing from Dave Sam will take an unseen part of Dave along during the harvest. For each former student, paddles will be stored on the back seat, poles will be tied to the car roof, the rice stalks will give way, and the tradition will live on.

OCTOBER CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<div>1</div> <div>Flu Shot Clinic 9 a.m.–4 p.m. Ne la Shing Clinic More information on page 12</div>	<div>2</div> <div>Flu Shot Clinic 9 a.m.–4 p.m. Ne la Shing Clinic More information on page 12</div>	<div>3</div>	<div>4</div>	<div>5</div> <div>MN Chippewa First-Time Home Buyer Education Class 8:30 a.m.–4:30 p.m. MN Chippewa Tribe Building Reserve your spot: 218-335-8582, ext. 150 or cbeaulieu@mnchippewatribe.org</div>
<div>6</div>	<div>7</div>	<div>8</div>	<div>9</div> <div>District I Community Meeting 5:30 p.m. District I Community Center</div>	<div>10</div>	<div>11</div>	<div>12</div>
<div>13</div>	<div>14</div>	<div>15</div>	<div>16</div> <div>District II-A Chiminsing Bingo 6 p.m. Chiminsing Community Center</div>	<div>17</div> <div>13th Annual March for Family Peace 5 p.m. Mille Lacs Band Government Center More information on page 12</div>	<div>18</div>	<div>19</div> <div>Family Fun Day 1 p.m.–4 p.m. Mille Lacs Indian Museum Free event</div>
<div>20</div>	<div>21</div>	<div>22</div>	<div>23</div> <div>Urban Area Community Meeting 5:30 p.m. All Nations Indian Church</div>	<div>24</div> <div>District II Community Meeting 5 p.m. East Lake Community Center</div>	<div>25</div> <div>District III Lake Lena Health Fair 9 a.m.–2 p.m. There will be information booths, healthy snacks, giveaways, and the Mammogram Mobile</div>	<div>26</div> <div>Sweetgrass Basket Workshop 12 p.m.–4 p.m. Mille Lacs Indian Museum Reservations required. Call 320-532-3632</div>
<div>27</div> <div>Sweetgrass Basket Workshop 10 a.m.–2 p.m. Mille Lacs Indian Museum Reservations required. Call 320-532-3632</div>	<div>28</div>	<div>29</div> <div>Flu Shot Clinic 9 a.m.–4 p.m. Ne la Shing Clinic More information on page 12</div> <div>District I Sobriety Feast 4 p.m. District I Community Center</div>	<div>30</div> <div>Flu Shot Clinic 9 a.m.–4 p.m. Ne la Shing Clinic More information on page 12</div> <div>District II-A Community Meeting 5:30 p.m. Chiminsing Community Center</div>	<div>31</div>		

Shakopee Mdewakanton Announces Mobile Unit Fall Schedule

Prior Lake, Minn. – The Shakopee Mdewakanton Sioux Community (SMSC) announced its fall plans to help local organizations and Minnesota tribal communities through its mobile medical clinic. The SMSC Mobile Unit provides health screenings, mammograms, and vision and dental services to American Indians, as well as other prevention and education services to the general public in collaboration with Scott County. In addition to its service as a mobile medical clinic, the unit provides medical support during events and serves as a mobile incident command center in emergency situations.

Fall 2013 Mobile Unit Schedule*

- **October 4:** United Family Medical Clinic, St. Paul (mammography)
- **October 16:** Indian Health Board, Minneapolis (mammography)
- **October 23–25:** Mille Lacs Band of Ojibwe, Onamia (mammography)
- **October 26:** American Diabetes Association Step Out: Walk to Stop Diabetes® Twin Cities, Golden Valley (first aid)
- **October 29:** Native American Community Clinic, Minneapolis (mammography, tentative)
- **November 13:** Neighborhood HealthSource/Sheridan Women and Children’s Clinic, Minneapolis (mammography)

**Schedule subject to change*

How to Request the SMSC Mobile Unit or Services:

Anyone wishing to schedule a mammogram or dental appointment may contact the deployment site or tribal health clinic directly.

To request on-site services from the SMSC Mobile Unit, visitmdfire.org and click “Mobile Unit” to find a request form.

Flu Shot Clinics

October 1, 2, 29 and 30 from 9:00 a.m.–4 p.m. at Ne la Shing Clinic (District I)

Who: Mille Lacs Band Members and MLBO Employees (6 month–Adult). Patients can also receive a flu shot if they are not sick and are being seen in the clinic by a provider starting in October.

If you have questions or would like to schedule an appointment please call 320-532-4163, ext. 2555 and the nursing staff will assist you.

Public Notice

The Mille Lacs Band of Ojibwe (MLBO), in conjunction with the Minnesota Division of Homeland Security and Emergency Management Agency (HSEM) and the Federal Emergency Management Agency (FEMA), is applying for a Hazard Mitigation Grant Program Project to equip the District I (Mille Lacs) Community Center; the District II (East Lake) Community Center; the District IIA (Isle) Community Center; and the District III (Aazhoomog) Community Center with their own permanent standby generators.

Under the National Environmental Policy Act (NEPA), EO 11988 and EO 11990, public notice is required of any federal actions that affect floodplains or wetlands. All necessary permits will be obtained prior to construction and completion of the project.

The objectives of the Hazard Mitigation Grant Program are to prevent future losses of lives and property, to implement state or local Hazard Mitigation plans, to enable mitigation measures to be implemented during immediate recovery from disaster, and to provide funding for identified and approved hazard mitigation projects.

Public participation is encouraged. Interested parties and/or citizens are invited to comment on the project in writing to:

Nicholas Mueller, Acting Regional Environmental Officer
FEMA Region V
536 South Clark Street, 6th Floor
Chicago, IL 60605

Or comments may be directed via e-mail to Mr. Mueller: Nicholas.Mueller@fema.dhs.gov

Legal Aid Department

The following positions were recently filled: Vanessa Merrill was hired as receptionist and Rachel Bugg was hired as civil administrative assistant. Tara Borton and Kari O’Leary were hired as staff attorneys.

13th Annual March for Family Peace

The Mille Lacs Band Family Violence Prevention Program invites you to attend the 13th Annual March for Family Peace.

Thursday, October 17 at 5 p.m., gathering at the Mille Lacs Band Government Center.

We will march to the Community Center to show our support to end domestic and sexual violence.

Event includes: opening prayer, feast, speakers, prizes, drum group, free t-shirts, kids games, support, and education.

Public Health — Halloween Safety Tips

Carol Hernandez Contributing Writer



Have fun and stay safe this Halloween

If you are thinking about hosting a Halloween party at home versus going out trick or treating here are a few tips from the CDC (Center for Disease Control) to make your party not only fun but safe.

- Provide healthier treats for trick-or-treaters such as low-calorie treats and drinks. Offer a variety of fruits, vegetables, and cheeses.
- Use party games and trick-or-treat time as an opportunity for kids to get their daily dose of 60 minutes of physical activity.
- Be sure walking areas and stairs are well-lit and free of obstacles that could result in falls.
- Keep candle-lit pumpkins and luminaries away from doorsteps, walk-ways, landings, and curtains. Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended.

Visit cdc.gov/family/Halloween for more information.

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millelacsband.com



Heating, Water, and Maintenance Problems?

During normal business hours, tenants in Band rentals and Elders living within the service area should call 800-709-6445, ext. 7433, for work orders.

After business hours, tenants with maintenance emergencies should call 866-822-8538 and press 1, 2, or 3 for their respective district.

Save the Date

Corporate Commission’s 14th Annual Fall Feast

Thursday, November 21, 2013 at 5:30 p.m.
Grand Casino Mille Lacs Events & Convention Center

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

NOVEMBER 2013 | VOLUME 15 | NUMBER 11

HUNDREDS MARCH TOWARDS END OF DOMESTIC VIOLENCE

PAGE 4

WEIGHTLIFTING
YOUR WAY
TO A BETTER LIFE

STUDENTS HELP
WITH WILD
RICE HARVEST

ELDER STORIES:
OVERCOMING
ADVERSITY

MILLE LACS BAND
FILM SCREENED AT
FILM FESTIVAL

MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE
BENJAMIN
CHIEF EXECUTIVE



Anyone who lives with or cares for teenagers knows that these are the years of wanting “more.” Designer clothes, a cooler bike, a better car, the latest phone, the most popular X-Box game...kids and teenagers are rarely satisfied with what they have.

As adults, we learn that material things aren’t as important in life as relationships, community and values, but even then, sometimes as adults we want “more,” too. But if there was any lesson from the 16 day government shutdown of the federal government for Mille Lacs Band members, for me that lesson was about gratitude for what we as Band members have, and humility that we’ve been blessed with so much.

If the federal government shutdown had happened in 1989, when I first began working for the Band as Commissioner of Administration, the impacts on Band families would have been absolutely devastating.

Our traditional teachings are that we should be concerned about those who are less fortunate. During the government shutdown, many Indian youth across the country and even in Minnesota were literally going hungry.

The Bureau of Indian Affairs stopped general assistance payments amounting to about \$42 million in aid to low-income Indian families and to groups providing foster and residential care to Indian children and adults. About 12,400 American Indian people use these funds on a monthly basis.

Many tribes don’t have successful gaming enterprises or any gaming, and depend 100% on royalties from timber, oil and natural gas to fund their government operations. Without the BIA to process these payments, these tribes had no revenue to fund their governments and their people suffered.

Tribes dependent on the Food Distribution Program through USDA had to tell low-income families that food wouldn’t be coming, which included nearly 80,000 Indian people. At Red Lake, all nonemergency medical procedures have been placed on hold. The Crow tribe furloughed (laid off) 364 workers, more than a third of its workforce. Tribes like Fort Belknap had to stop health care for the disabled and elderly, medical transportation services, Head Start, and low-income heating.

My good friend Sue Masten, Vice Chair of the Yurok Tribe in California and co-founder of WEWIN, told me the Yuroks had to lay off 60 employees, close its childcare center, cancel emergency financial assistance for low-income families and elders, and cancel tutoring programs for students, funds for college scholarships, and general assistance payments.

During the shutdown the National Congress of American Indians (NCAI) released a statement directed at the federal government:

“The failure to come to a budget agreement threatens the capacity of tribal governments to deliver basic governmental services to their citizens. The federal government has made treaty commitments to our people, and in return we ceded the vast lands that make up the United States. The immediate shutdown crisis poses very real threats to tribal governments and denies health, nutrition, and other basic services to the most vulnerable tribal citizens.”

I am grateful that Members of the Mille Lacs Band of Ojibwe who depend on tribal government services did not notice any decrease in services during the shutdown. Why? First, we have a strong economy, fueled by two successful casinos and our new hotels in St. Paul. Our location near the Twin Cities gives us a business advantage over more remote tribes whose casinos are dependent upon smaller populations, and have only a fraction of the gaming business we benefit from.

Second, due to decades of sound leadership, fiscal responsibility and an eye toward the future, your Band leaders have invested in long-term savings to ensure that we have a cushion to continue services for a period of time even if the federal government can no longer fulfill its fiduciary obligation to Indian people as a result of treaties, executive orders and court decisions.

While other tribes were reeling from the government shutdown, your Band government continued to operate efficiently, but the shutdown was in the forefront of our minds. I

spent much of October attending local, regional and national meetings advocating for our needs as well as those of our fellow tribes with regard to healthcare, education, housing, economic development and protection of our natural resources. Honestly, there were too many meetings to name, but each was critical to the future of the Band. A few of the most exciting meetings included a cabinet meeting where we outlined priorities for the next year, a meeting with the Cherokee Nation to discuss an economic development project, a meeting of the Midwest Alliance of Sovereign Tribes (MAST) where we discussed natural resource protection and healthcare, and a meeting on higher education with the St. Cloud American Indian Advisory Board. I also represented the Band at the National Indian Gaming Association where we discussed the impact of potential new legislation and regulations on Indian gaming.

Another key meeting this month included representing the

Band at the National Congress of American Indians (NCAI) in Tulsa. NCAI is the oldest and largest organization representing American Indian tribes in the country and our voice in Washington D.C., so this organization is of critical importance. A highlight was that we voted in a new slate of elected NCAI officials. I’m proud to say that our Minneapolis Area (which includes all the tribes from Minnesota, Wisconsin, Michigan and Iowa) elected Mille Lacs Band District III Representative Diane Gibbs as Alternate for the Minneapolis Area delegation to NCAI — congratulations to Representative Gibbs! As a Band that is more fortunate than most other tribes, I believe we have a responsibility to make sure that while we are advocating for the needs of our Band members, we also give back through service to causes that benefit all Indian people. I am very appreciative that Representative Gibbs has selflessly taken up this post with NCAI.

What we saw during the shutdown was the ugliest side of American politics, the self-righteous politics of anger and power. The dominance of political gamesmanship, with one side trying to prove the other wrong, regardless of the impact on innocent people. Politicians so caught up in their own self-interest and political vendettas that they refused to compromise, and seemed to welcome and want failure, even when failure meant betraying the very people who depend on them and gave them their trust.

Earlier this month, an elder asked me if I would help her arrange for a retreat for a few young women who had gone through some hard times. She said they needed to be reminded of our values, and that anger and self-pity were not the right path for improving their lives. She wanted to remind them of their value, of their gifts, and show them their potential for creating good in the world through giving to others and improving their own lives. She sacrificed her own time and for a few days set aside her own priorities to help her fellow Band members. Not because she had to, but because she believes in the common good, and helping one another, and values the integrity of taking responsibility for her community.

To me, this was a lesson our federal lawmakers could have benefited from. We should all learn from this example of a person simply taking responsibility for her neighbors and working for the common good. Responsible leadership is about integrity, responsibility and compromise. The failure to get things done is a failure of leadership and a betrayal of the people and the common good.

U.S. Supreme Court Decision Prompts Review of ICWA Law

Deborah Locke Staff Writer

In September, the four-year-old Cherokee girl adopted by non-Indian parents was returned to her adoptive parents following a ruling by the U.S. Supreme Court. That ruling has prompted reviews of Indian Child Welfare Act (ICWA) provisions throughout the country.

Here in Minnesota, representatives of the Ojibwe bands — including Mille Lacs — and the Dakota communities are meeting with the state Department of Human Services to review how services are provided to Indian children and families under ICWA and Minnesota Law.

The Supreme Court ruling has not removed the protections of ICWA or the Minnesota Indian Family Preservation Act, said Rebecca McConkey Greene, an attorney for the White Earth Band of Ojibwe. The ICWA and the Minnesota Indian Family Preservation Act remain good laws, and continue to provide heightened standards and protections for Indian children, Indian parents and custodians, and Indian tribes, she said.

Veronica Capobianco was born to a non-Indian mother and Cherokee father four years ago. Her father, Dusten Brown, signed away his parental rights assuming that the child's mother would raise her. He did not know that the infant would be offered for adoption.

Matt and Melanie Capobianco, of Charleston, S.C., adopted Veronica. When Dusten learned of the pending adoption, he contested it under provisions of the Indian Child Welfare Act.

ICWA requires the highest level of proof, proof beyond a reasonable doubt, that the continued custody of the child by the parent is likely to result in serious emotional or physical damage to the child before an involuntary termination of Indian parents' parental rights may be ordered. A South Carolina court refused to terminate

Dusten's parental rights because of this provision and placed his daughter with him in Oklahoma when she was two.

Approximately one year later, she was returned to her adoptive parents in South Carolina after the U.S. Supreme Court ruled 5-4 to overturn the South Carolina court's decision, deciding that this particular protection did not apply to Dusten because he had never had custody of his child.

ICWA had no bearing, it ruled, because Dusten was absent from the child's life.

Justice Samuel Alito wrote in the majority opinion that the five justices' greatest concern with ICWA and the provision that prevents involuntary termination of Indian parents rights is that it might dissuade potential adoptive parents from seeking to adopt Indian children.

ICWA was passed by Congress to make the adoption of Indian children more difficult, which is what the five justices objected to. They glorified adoption to such an extent that they recommended that Dusten, as a member of the Cherokee Nation, should have tried to adopt his daughter rather than challenge the termination of his parental rights.

The law states that extended family members should be given priority when an Indian child is placed for adoption. Dusten argued that his status as Veronica's biological father gave him preference over the adoptive parents. The Court did not agree.

The Court seemingly acted without acknowledging that Congress first enacted ICWA based on detailed findings, said Andrew Small, a tribal court judge from the Lower Sioux Reservation.

"What we do know is that the ruling sends a strong signal that if a tribal member wants to adopt, a formal adoption petition has to be filed rather than relying on preference placement," he said.

He added that U.S. Supreme Court Justice Sonia Sotomayor wrote in her dissent that the majority decision was based on their disagreement with Congress, which is not the Supreme Court's venue. Their job is to uphold the law, not to subvert it.

Band Member Among SMSC Endowed Scholarship Recipients

Andy McPartland Staff Writer

Mille Lacs Band member Carla Big Bear was one of 41 recipients of an endowed scholarship from the Shakopee Mde-wakanton Sioux Community (SMSC).

The SMSC recently announced 41 new recipients of the SMSC Endowed Scholarship at the University of Minnesota for the 2013-14 academic year. This scholarship program is designed to recruit and retain talented American Indian students with demonstrated financial need.

The primary goal of the SMSC Endowed Scholarship is to support incoming University of Minnesota freshmen and transfer students who demonstrate financial need.

The 41 new scholarship recipients for the 2013-14 academic year come from across the United States and from 25 different tribes.

Eight of the 41 scholars — including Carla — are in the Master of Tribal Administration and Governance program at the University of Minnesota-Duluth. Several Mille Lacs Band members were included in the program's inaugural graduating class last year.

For a complete list of the 2013-14 SMSC Endowed Scholarship recipients, visit:

shakopeedakota.org/scholarships/2013recipients

For application information, visit

shakopeedakota.org/scholarships.html

Application materials received by March 1, 2014, will be given preference for the next academic year. The final deadline is August 1, 2014.

Students Attend Ain Dah Yung Center's 4th Annual Tobacco Prevention and Wellness Symposium

Toya Stewart Downey Staff Writer

Students from Minisinaakwaang Leadership Academy (MLA) and Nay Ah Shing Schools (NAS) attended the Ain Dah Yung Center's fourth annual Tobacco Prevention and Wellness Symposium.

The youth event was held in Saint Paul at the Science Museum of Minnesota in October.

The nine students in attendance participated in sessions about traditional tobacco, healthy living and sobriety through spirituality. They also heard from Native Americans who shared stories of growing up on reservations and the challenges they experienced as young people. The speakers told the group how they overcame having made poor and unhealthy choices. The students also attended a powwow.

"We had a group discussion that included preventing tobacco use among our youth," said Megan Cummings, a community health educator for the Band. "One of the more memorable activities was passing out the 'I promise not to smoke' wristbands. I told the students I would give anyone a wristband if they could look me and the eye and make that pledge not to smoke."

"I am proud to say that all nine students walked away with wristbands," she said.

Megan said the students were encouraged to identify role models and then promise that person that they would not smoke. Those who agreed earned additional wristbands. The students also asked for wristbands to share with their siblings, cousins and others.

"I look forward to coordinating future events that promote and educate our youth in making healthy choices," said Megan. "All of the students represented MLB and our schools with great pride and respect. It was such a fun experience for all."



Pictured (L-R): Daizy Taylor (MLA), Molly Bohannon (MLA), Candice Ballinger (Chaperone — MLA), Taeren Ballinger (MLA), Natchez Ballinger (MLA), Erin Wagner (Chaperone — MLA), Jennie Mitchell (NAS), Megan Saboo (NAS), Taylor Nadeau (NAS), Tehya Wade (NAS), Mia Anoka (NAS), and Megan Cummings (Chaperone — Public Health)



Hundreds March Towards End of Domestic Violence

Toya Stewart Downey Staff Writer
Tiffany Bolk Photographer

Each October, hundreds of people gather at the Mille Lacs Band Government Center to show solidarity for a worthy cause — putting an end to domestic violence.

This year was no different. On a chilly Thursday night a few weeks ago, over 320 people participated in the 13th annual event known as the “March for Family Peace.”

“It has grown each year and become a large community event, with an increase in attendees showing their community support,” said Marianne Washburn, the administrator for the Band’s Family Violence Prevention Program.

“We sponsor this event, held this year on October 17, because we are trying to bring awareness to community members about this issue. It gives them a chance to show in a public way they are not OK with domestic violence,” Marianne added.

In the early days the march was called the “Man March,” and it was a way to get men involved in the public awareness campaign and to show that domestic violence wasn’t just a woman’s problem, but a community problem.

Since that time, it became known as the March for Family Peace to show solidarity of the community that domestic violence must end.

“Sadly, domestic violence doesn’t decrease for some people. It tends to be a cycle as some women and men go from one abusive relationship to another,” said Marianne. “Most don’t

take the time to heal and so they repeat their patterns.”

That’s why the Family Violence Prevention Program works to empower the women and men who are victims, so they can identify the abusive behaviors and patterns in the early stages, become more confident and work to build their own self esteem.

If needed, the program can also offer refuge in the Women’s Shelter, located in Wahkon, or in the men’s shelter located elsewhere.

The program has offices in Mille Lacs, Lake Lena, East Lake and Hinckley but has a broad outreach that goes beyond the reservation. The program works with sister programs throughout the state to provide safety options and resources for victims of domestic and sexual assault. They will provide referrals and resources for those who desire to work with a domestic violence program that is close to them.

“It’s important for everyone to know that we not only serve Band members, we will assist anyone who is in need of services,” said Marianne. “This is sometimes misunderstood because we are a Tribal program. But because we are funded partially through state and federal grants, we are required to serve all victims no matter their race, gender, religion or financial status.”

All services are free and confidential.



MLB Family Violence Prevention Program Mission Statement

The Mille Lacs Band of Ojibwe Family Violence Prevention Program mission is to provide support services that promote safety, empowerment and life changing options for victims of domestic and sexual violence.

Family Violence Prevention Programs

District I (Mille Lacs): 320-532-4780

District II (East Lake): 218-768-4412

District III (Hinckley): 320-384-7400

District III (Lake Lena): 320-630-2676

Shelter/ 24-Hour Crisis Line: 1-866-867-4006



Weightlifting Your Way to a Happier, Better and Longer Life

Deborah Locke Staff Writer Tiffany Bolk Photographer

Carla Big Bear set aside time on an October Saturday to haul her fat clothes out of the closet. Some she would give away, others would be charity donations.

She said goodbye to the size 18 wardrobe in part because of what happens each week at the Community Center on Highway 169 across from the Grand Casino Mille Lacs. On Wednesdays just after noon, Carla joins a group of exercisers who do 30 seconds of lifting, bouncing and pushups followed by 20 seconds of rest. They lift a bar, lift weights above their heads, squat, do push-ups on a mat, bounce on a large ball and more.

The session, directed by timekeeper Jim Ingle, goes on for about 25 minutes total. Now size 11, Carla has lost four and a half inches around her waist since July and plans to lose more.

Before she began working out, Carla was diagnosed as pre-diabetic and had other health issues that required medication. The issues evaporated with the weight. She has more energy and feels more optimistic in general. "I'm not crabby in the morning anymore," she said.

Carla is one of about 150 regular users of the Mille Lacs Band fitness center. She's also one of the most successful, and credits her sister and friends for the encouragement to continue.

Some credit also goes to MLB fitness coordinator Jim Ingle, who has worked for the Band for nine years. He does a lot more than keep time while clients are exercising — Jim works closely with Clinic staff to promote diabetes prevention and heart health.

"Jim is very encouraging," said Carla, who used to work out twice a week and now works out twice a day. "He gives good advice, like to eat healthy. He's a sounding board for a lot of us, and helps when we hit a plateau. He says we won't see changes unless we get up and do something."

Jim's favorite "something" is weight training because of its benefits for diabetic individuals and those at risk for heart

diabetes is through weight training and diet.

Clinic patients receive an "exercise prescription" from their doctors directing them to Jim, although anyone can use the fitness center facilities. He helps them set up a plan based on their age, overall condition, and the doctor's recommendations. Blood pressures and heart rates are noted.

Heart rates are not age related but are condition related, Jim said. A few 80-year-olds have a healthier heart rate than some 20-year-olds. Jim also said that one of the men using the fitness center weighs more than 300 pounds. When the man uses the treadmill, his blood pressure goes up. When he does weight lifting, his blood pressure drops.

At first, some people can use the elliptical machine for only two minutes before getting uncomfortably winded. But if Jim helps them use the weights, they can work for 15 minutes or more and use nearly every muscle in their body. "Everyone here needed help at first," Jim said. "They become more independent with time."

Jim said that diabetes is a choice, not an unavoidable condition. Each time we sit down to overeat we make a choice to be diabetic; each time we remain sedentary all day we make a choice to be diabetic.

To change that, we must first take an honest assessment of ourselves and decide to change.

"That is the first step," Jim said. With as few as 30 days of cardio training, he has seen Band members reduce and even stop taking medication for diabetes and cholesterol.

On occasion a person will stubbornly cling to old habits: overeating, alcohol abuse and tobacco misuse. Jim said that once a person becomes healthy, tobacco loses its appeal.

"The better condition your body is in, the less it wants to smoke," he said. "A guy in my cardio class said that cigarettes don't taste as good anymore."

Studies show that when we make even a few small changes, big changes can follow. Some people begin a new exercise program with walking, which certainly has benefits. If you walk a mile, you will use about 100 calories on average, Jim said. But if you participate in one of the Wednesday car-



Jim Ingle, a Mille Lacs Band fitness coordinator, has been helping Band members work towards a healthy lifestyle for the last nine years.

dio sessions, you will use 800 to 1,200 calories in 20 minutes. A living room can be transformed to a gym with a few small pieces of equipment: two 10-pound weights, a mat and a large rubber ball is all you need to start.

Carla used to eat fast food for lunch or go to the casino buffet. Now she makes a healthy lunch at home and brings it to work. She packs a snack that does not include chips or candy. Other changes? Eating more salads. "You begin to watch what you are putting into your body," she said.

It's changes like these that make Jim's day. He feels pretty good when people commit to change and succeed. He insists it isn't that hard.

"My whole theory is if you work out more than 30 minutes a day, you are wasting time," he said. "Our weight workout only takes 20 minutes."

The fitness center's Zumba class is especially popular with women and includes Latin dance moves. The cardio groups vary in activities, which include stair-climbing, circuit training and pushups. The advanced cardio group on Fridays does 300 pushups and squats.

And they do it within 30 minutes. Jim is watching the time.

For more information on the cardio, Zumba, and yoga sessions, call 320-532-7547.



"If you participate in one of the Wednesday cardio sessions, you will use from 800 to 1,200 calories in 20 minutes." – Jim Ingle

disease. It all comes down to delivering oxygen thoroughly throughout the body for optimal health, he said. The American Diabetes Association has stated that the best way to control

Minisinaakwaang Leadership Academy Students Harvest Over 250 Pounds of Wild Rice

Shawn Killspotted Cultural Instructor/Photographer **Cheryl Boyd** Ojibwe Language Instructor/Photographer

This year, the grade 7-12 students from Minisinaakwaang Leadership Academy (MLA) went ricing on the Rice River, Mandy Lake in the Refuge, and on Sandy Lake. "It was good to see them out and on the water, getting to know what hard work is all about. We ended up with about 266 pounds of finished rice," said Shawn Killspotted, Cultural Instructor for MLA.

Fifty pounds was allocated to the school's Food and Nutrition program. In addition, a pound of wild rice was given to each family at parent/teacher conferences. As a token of their hard work, the 10th-12th graders were each rewarded with five pounds of finished rice.

Minisinaakwaang Leadership Academy has one pound bags of this hand-harvested wild rice for sale at \$10.00 each. Contact the school at 218-768-3477 for more information.



Younger students who didn't go ricing were able to participate in canoe races. Pictured right are Noah Johnson and Niib Aubid.



Sandra Moose and Damian Smith head out on the water.



Sandra Moose and Demetrius Peet collect rice that was gathered.



Larry Ponthieux helps to parch the rice.



George CrazyThunder and Candace Killspotted gather rice on the lake.



Overcoming Adversity, Searching for a Lost Son, Memories of Sawyer's Uncle Willie

Deborah Locke Staff Writer Tiffany Bolk Photographer

Loss has crept into Pauline Moose's life over her 75 years. Her mother was shot to death when Pauline was an infant. Her children were adopted by other families. A son died in 1995. She has been seriously ill and hospitalized.

So when Pauline was asked if her life had been good so far, she frowned slightly while settling into a high-backed chair at the Elder Living Unit in Hinckley. It was a beautiful, quiet day at the Unit as residents passed through the seating area near a fireplace. In a soft voice, Pauline recounted a difficult life.

This was the third interview in our series that asks Mille Lacs Band Elders for glimpses of the past. We are grateful for the time of people like Pauline, and who follow that age-old Ojibwe tradition of helping a stranger (me) when they are asked for help. It is an honor to hear their stories.

A violent death

Tragedy arrived early in Pauline's life. She was born on March 30, 1938 in Danbury, Wisconsin. Her parents were Jack Moose and Helen Matrious Moose. When Pauline was a year old, her mother worked picking blueberries for a local farmer. Because of recent thefts, the farmer had rigged a shotgun to go off if anyone entered his home. Helen Moose moved a curtain in a window of his house to see if anyone was inside, triggering the shotgun blast that killed her.

So little Pauline went to live with her grandparents, Maggie and James Stevens of Lake Lena. Grandma Maggie got sick when Pauline was five so she was sent to the Pipestone Indian Boarding School in southwestern Minnesota.

The school began accepting Indian children from the Upper Midwest in 1892 and closed in 1953. The purpose of the boarding schools was to assimilate Indian children to white culture; another equally obvious outcome was the breaking up of Indian families. The children were forbidden to speak their native language or follow their spiritual teachings. Corporal punishment was frequent.

Pauline said that most of the staff was kind to the children, but one woman who was German gave her a bath in a steel tub and scrubbed the little girl so hard that she cried.

"The matron asked me what was the matter and the German woman said I had bugs," Pauline said. "I didn't have bugs. They fired the woman and things got better."

Grandma Maggie's health improved so Pauline returned to her grandparents' home. She lived there until the seventh grade, attending school at Lake Lena and then Markville. Things were better for awhile and then came high school and taunts from other kids.

"I got into a lot of fights about not having a mother," she said. By this time Pauline's grandmother had passed away, and Pauline moved in with her dad and stepmother. That arrangement did not work out, so Pauline moved in with her uncle, Willie Moose, who lived in the Sawyer District of the Fond du Lac Reservation. She liked Sawyer and made friends. Pauline

said she got to know the Dufault family well enough to almost marry one of them.

To the Cities

Uncle Willie Moose and family moved to the Twin Cities and Pauline relocated with them. She had a daughter in 1955, followed over the years by five more children. She said she never believed in marriage because she saw too much fighting and violence between married couples. Pauline was advised to go to a Hennepin County caseworker for help with her children. Instead, she misunderstood what transpired in the meeting and signed forms giving up parental rights for three children who were subsequently adopted. She raised the younger three children, supporting her family with jobs like housekeeping and sewing.

Pauline started drinking alcohol at age 19 and stopped the habit in 1991 when she learned that her son Terry was sick. "That helped me sober up," she said. Then Pauline had a relapse right after her son died in 1995.

"I couldn't take it any more," she said. "I drank for a month and woke up in jail." Her children intervened, convincing their mother to stop hurting herself with alcohol. She has been sober since.

A return home

There were other scares. Pauline has congestive heart failure and was comatose in a Mora hospital for three weeks in 2009. Her family remained at her bedside, fearing the worst. Pauline's sister Lorraine crawled into bed with her sister and pleaded with her not to go.

"I knew she did that, I could feel her next to me," Pauline said. "I tried to move my hand but could not move it."

She suddenly opened her eyes one day, shocking family members and medical staff. Following rehabilitation in Sandstone, Pauline moved into the Hinckley Assisted Living Unit where she lives in a comfortable space filled with mementos.

I asked if she thought that Mille Lacs Band members would be around in another 150 years. She said it was hard to speculate on that because today there are so many Indians who are "halves, halves of everything else."

Her greatest regret is alcohol abuse.

Her fondest desire is to locate the son called Brian who was adopted out of Hennepin County. Today he would be 53.

Her happiest memories revolve around her children: seeing her grandson graduate from Marine boot camp in San Diego,

ELDER STORIES



Pauline Moose pictured with her daughter, Trish

taking the kids to the Como Zoo in St. Paul. Trips to Valley Fair. Picnics. Movies. Chinese food at the Nankin Restaurant in downtown Minneapolis.

Who was the adult with the greatest impact on Pauline's life? Her kind Uncle Willie from Sawyer. "I miss him," she said. "And my Grandma Stevens."

Today her 11 grandchildren and seven great-grandchildren bring joy to the soft-spoken woman whose life mirrors dozens of others in her age group. The memories include boarding school, numerous homes as a child, chemical dependency and kicking the habit, children and grandchildren, hard work, loss and gain.

Pauline's daughter Trish said that Pauline's grandchildren gave her the strength and determination to go on. They are her world, Trish said.

Are you an Elder or do you know an Elder who has a story to tell?

The Inaajimowin is looking for Elder stories for upcoming issues.

Send your name, contact information, and a brief description of the Elder you would like to feature to Andy McPartland at andy@redcircleagency.com or call 612-372-4612.

Mille Lacs Band Documentary to be Screened at National Film Festival

Toya Stewart Downey Staff Writer

Three years ago Natalie Weyaus and Rick Anderson began the task of finding ways to preserve decades-old footage of Band members participating in cultural activities and sharing traditions.

They knew the footage, which was shot on eight-millimeter film by Sherman Holbert, was something that needed to be preserved using modern technology to make it accessible for generations to come. They also hoped it would be widely shared so people could know and better understand the traditions and culture of the Mille Lacs Band of Ojibwe.

This month that desire has come to fruition. The film, *The People of the Big Lake*, will be screened in San Francisco on Nov. 4 during the 38th Annual American Indian Film Festival, taking place Nov. 1 to Nov. 10.

"We took the old footage from the Sherman Holbert Collection and turned it into a documentary," said Natalie Weyaus, the Band's Historic Preservation Officer. "It shows cultural activities such as birch-barking, ricing, and powwows.

"We wanted to show Band members that our traditions were still being practiced today."

Funding for the preservation project came through a grant from the Institute of Museum and Library Services. Band member Rick Anderson, owner of Eagle Clan Productions, was tapped to edit the footage into a documentary.

"We had 23 hours of footage from the 1950s and '60s, which was enough to create three one-hour documentaries," Rick

said. "We wanted to be able to show Band members today what their relatives did all those years ago.

"We wanted to show the lifestyle that included the culture, the language and the teachings," he said. "We did that by showing the footage and capturing Band members like Larry 'Amik' Smallwood, Steve Premo and Cheryl Minnema talking about traditions and cultural activities such as making wigwams, making regalia and collecting maple syrup."

Besides being screened for Band members upon its completion a few years ago, *The People of the Big Lake* has been shown on Twin Cities Public Television (TPT), said Rick, who served as a producer on the project when it was picked up by TPT. The documentary will continue to air for the next three years on the station.

The documentary was nominated for an Emmy Award and widely lauded for its content.

Both Natalie and Rick say they were honored to work on the project, calling it a labor of love. Natalie has traveled to each of the Band districts to screen the documentary. She has delighted in the recognition of her own relatives, as have others who have seen their family members featured in the film.

"I'm amazed it was selected for the film festival," Natalie said. "A lot of work went into this and I'm very happy that the people who have already seen it have enjoyed it or seen a part of their family's history.



"We wanted to show Band members today what their relatives did all those years ago." — Rick Anderson

"A lot of my relatives were in there so it's very special to me, too," said Natalie, who will head to San Francisco to view the documentary with the audience and then be on hand to answer questions.

"It's an honor to have it shown at the film festival," Rick added. "I am very proud to have been a part of this project."

Another MLB-produced film selected for film festival

The 30-minute training film, *Strength and Resiliency: Tribal EP for Leaders and Directors*, will be shown at the 10th Red Lake Film Festival and Award Show on Friday, Nov. 8.

Also edited and produced by Rick Anderson, this film features Seminole Elder, actor and tribal fire and emergency advocate Randall Mantooth as narrator and star. It is designed to empower tribal leaders to prepare their communities for emergencies or disasters.

What Does A Day In the Life of Diabetes Mean to You?

Mille Lacs Band Diabetes Program

During American Diabetes Month® this November, the American Diabetes Association will continue to ask the community to submit a personal image to the Association's Facebook mosaic representing what A Day in the Life of Diabetes means to them to showcase the extraordinary effort it takes to live a day with diabetes.

Mille Lacs Band and community members can post images of themselves or someone they care about, or otherwise represent how the disease impacts their lives. The image will then make up a larger mosaic image that will embody the message of A Day in the Life of Diabetes.

This year, the Association will change the mosaic image several times throughout November to show the many compelling images that represent A Day in the Life of Diabetes. Photos that make up the mosaic throughout the month will capture the essence of the campaign and the movement

to Stop Diabetes®.

American Indians and Alaska Natives are nearly 2.2 times more likely to have diabetes than non-Indian populations in the United States. Currently more than 16% of American Indians and Alaska Natives have diabetes, both diagnosed and undiagnosed.

The Mille Lacs Band Diabetes Program is available to help people with the extraordinary effort it takes to live a day with the disease. We offer nutrition education, physical fitness opportunities, group and individual diabetes education, and many resources to help people manage their diabetes care. These services are available in all districts.

"We're excited to further grow this campaign and heighten the overall awareness of diabetes in Mille Lacs," stated Johanna Larson, Diabetes Program Coordinator. "Diabetes doesn't stop. It is 24/7, 365 days a year. By calling on our

community to take a public stand through social media, we continue to shine a light on the issue of diabetes and those who live with it each and every day."

For more information on the Mille Lacs Band Diabetes Program and their services, please contact Johanna Larson, Diabetes Program Coordinator at 320-532-7790.

For more information on the "Day in The Life of Diabetes" campaign, please call 1-800-DIABETES or visit diabetes.org. Also, follow us on Facebook: facebook.com/AmericanDiabetesAssociation and Twitter: twitter.com/AmDiabetesAssn

TRIBAL NOTEBOARD

Happy November birthday to Mille Lacs Band Elders!

Floyd James Ballinger
Carleen Maurice Benjamin
Clifford Wayne Benjamin
Irene Bernice Benjamin
Barbara Jean Benjamin-Robertson
Charles Alvin Boyd
Alice Elizabeth Carter
Richard Thomas Dakota
Michael Roger Dorr
Melvin Eagle
Thomas Rodney Evans
Terrance Wayne Feltmann
Eileen Marjorie Johnson
Jo Ann Lynn Johnson
George Vernon LaFave
Sidney Ray Lucas
Darlene Doris Meyer
Marie Linda Nahorniak
Elizabeth Anne Peterson
Ralph Pewaush
Dale William Roy
David Wayne Sam
Leonard Sam
Karen Renee Sampson
Mary Ann Shedd
Maria Ellena Spears
David Le Roy Staples
Nora Grace St. John
Beatrice Mae Taylor
Joyce Laverne Trudell
Lawrence Eli Wade, II
Linda Marie Wade

Sylvia Jane Wise
Patricia Beatrice Xerikos

Happy November birthdays:

Happy Birthday **Ron Smith** on 11/1 with love from your sister Tammy, Brandon, Chantel, Elias, TANK, Alizaya, Rico, and Jasmine. • Happy Birthday **Vanessa** on 11/2, love Mom and Dad. • Happy 2nd Birthday **RaySean** on 11/3 from Mom, Dad, Sissy, Dreezy, Boo, and Grandma Ruthless. • Happy Birthday **RaySean Bugg** on 11/3 from Auntie Mickey, Uncle Phil, Nadine, Charlotte, Carter, PJ, Whitney, and Grandma Chick. • Happy Birthday **RaySean Bugg** on 11/3 from Grandma Ruth, CJ, Kaitlin, Andrel, and Brevin. • Happy 2nd Birthday to my nephew **RaySean Marques Bugg** on 11/3 from Uncle Deacon and family!! • Happy Birthday **Railei** on 11/4 from Mom, Dad, Uncle, Aunt, Kelia, Cyrel, Grandma, and Grandpa. • Happy 14th Birthday **Quis** on 11/4, we love you!! Mom & Dad. • Happy Birthday **Marquis** on 11/4, love Grandma & Grandpa, Grissum, and Summer...and MR. Kitty. • Happy Birthday **Quis** on 11/4.

Have a blast on your day! Love Grandma Jodi and Grandpa Dave, and your bro from anotha mo', Tristin. • Happy Birthday to the best big brother in the whole entire world **Marquis Fisher** on 11/4!! Love lil' Sis, Senicka. • Happy Birthday **Quis** on 11/4. You know you're my #1 and ALWAYS will be. I love you more by the day and am blessed to have you for a son. I hope you have an amazing birthday, love Ma. • Happy 6th Birthday **Raining** on 11/9 from Daniel, Naomi, Lolli 2Bears, and Sonny 2Boo\$. • Happy Birthday **Arielle Shaw** on 11/12 from Auntie Mickey, Uncle Phil, Nadine, Charlotte, Carter, PJ, Whitney, and Grandma Chick. • Happy Birthday **Roy Garbow** on 11/12 with love from Auntie Tammy, Brandon, Chantel, Elias, TANK, Alizaya, Rico, and Jasmine. • Happy Birthday **Cameron Harrington** on 11/15 from Auntie Mickey, Uncle Phil, Nadine, Charlotte, Carter, PJ, and Whitney. • Happy 1st Birthday **Rico Garbow** on 11/16 with love from brothers Elias, TANK, Sissy Bear, Gramma Tammy, Uncle Brandon, Chantel, and Jasmine. • Happy Birthday **Zackary Moose** on 11/17

from Auntie Mickey, Uncle Phil, Nadine, Charlotte, Carter, PJ, and Whitney. • Happy Birthday **Shawntel Jellum** on 11/18 from Auntie Mickey, Uncle Phil, Nadine, Charlotte, Carter, PJ, and Whitney. • Happy Birthday **Shawntel** on 11/18 love your Mom, Gabbi, Auntie Val, Mariah, Kevin, and the Harrington Family. • Happy Birthday **C-Bass** on 11/19 from big brother Keith, Mom, Liz, and Grandparents June and David Smith, cousins Elvis, Hunter, Uncles Manny, and Elliot. • Happy Birthday **Miss Malerie Sam** on 11/23 from grandparents June & David Smith, big brothers Keith & C-Bass, little brothers Leroy & Dilly, and Mom & Dad. • Happy 5th Birthday **ShayShay** on 11/25, love always Mommy and Daddy. • Happy Birthday **Lydell Boyd** on 11/27 with love from Auntie Tammy, Brandon, Chantel, Elias, TANK, Alizaya, Rico, and Jasmine. • Happy Birthday **Mesai** on 11/29, love from Grandma and Grandpa.

Happy belated birthdays:

Happy Belated Birthday **Emma Ann Shingobe** on 10/12

from great grandparents June and David Smith, Uncles Elvis, Samuel, Chuck, Hunter, Aunties Amber and Sunshine and Elliot, Manny, C-Bass, and Keith Benjamin. • Happy Belated Birthday **Quincey T. Sam** on 10/27 from Mom, Dad, brothers, sisters, and the rest of the family. • Happy Belated Birthday **Angie M. Eagle** on 10/30 from your daughter, son-in-law, and grandkids.

Other Announcements:

Congratulations Rachel Sam and Edward Sablan, married October 13, 2013. We would like to wish our co-worker and friend our sincerest congratulations. Have a long and happy future together. We wish you all the best. Congratulations on your marriage, from Ann, Valerie, and Shannon.

Submit Birthday Announcements

Send name, birthday and a brief message that is **20 WORDS OR LESS** to Andy McPartland at andy@redcircleagency.com or call 612-372-4612.

The deadline for the December issue is November 15.

Mille Lacs Indian Museum November Events

Kids Crafts: Story Book Time and Dream Catchers

Saturday, November 2

Time: Noon–3 p.m.

Fee: \$5 per kit (does not include museum admission)

Enjoy stories and light snacks from noon to 1 p.m., then from 1 to 3 p.m. children can learn how to weave a dream catcher to take home. The dream catcher is a woven web believed to protect the dream world of the person who sleeps beneath it. The cost for the dream catcher kit is \$5 and includes materials and instructions. Please allow an hour to make the craft. This project is recommended for children ages 8 and up. Cost for the kit does not include admission to museum.



The dream catcher is a woven web believed to protect the dream world of the person who sleeps beneath it

We Are Still Here — Closing

Saturday, November 2

Time: Wednesday–Saturday, 11 a.m.–4 p.m.

Reservations: Groups of 10 or more by appointment

Fee: Free

An exhibit of photographs by Dick Bancroft, whose work is featured in the new book, "We Are Still Here: A History of the American Indian Movement in Photographs" (MHS Press, May 2013).

The American Indian Movement, founded in 1968

in Minneapolis, burst into that turbulent time with passion, anger and radical acts of resistance. Spurred by the Civil Rights movement, Native people began to protest the decades — centuries — of corruption, racism and abuse they had endured. They argued for political, social, and cultural change and they got attention. The photographs of activist Dick Bancroft, a key documentarian of AIM, provide a stunningly intimate view of this major piece of American history from 1970 to 1981. The unofficial photographer of AIM since 1970, Bancroft joined them for key events such as the takeovers of federal buildings, the founding of survival schools in the Twin Cities, the Wounded Knee trials, The Longest Walk of Survival and bringing American Indian voices to the United Nations. The exhibit will include photographs from the book and as well as unpublished images.

Beading 101 Workshop

Saturday, November 9 and Sunday, November 10

Time: Noon–4 p.m. (Saturday) and 10 a.m.–2 p.m. (Sunday)

Fee: \$60, \$55 for MHS members; additional supply fee of \$15

Reservations: required, call 320-532-3632

In this two-day workshop learn basic beading styles and techniques by creating a project to take home. Necklaces, bracelets, pen coverings and lighter cases are examples of items that can be created. A light lunch and refreshments will be provided both days. Ages 18 and under must be accompanied by an adult. Discounted hotel rooms are available for workshop participants on Saturday night at Grand Casino Mille Lacs. A minimum of five participants is required to host the workshop. Registration is required three days prior to workshop.

NOVEMBER CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Kids Crafts: Story Book Time and Dream Catchers Noon–3 p.m. Mille Lacs Indian Museum We Are Still Here — Closing 11 a.m.–4 p.m. Mille Lacs Indian Museum
3	4	5	6 Chiminising Bingo 6 p.m. Chiminising Community Center	7	8	9 Urban Area Elder Meeting/Bingo 11 a.m.–2 p.m. Urban Office Beading Workshop Noon–4 p.m. Mille Lacs Indian Museum Urban Area Elder Lunch and Bingo 11 a.m.–2 p.m. Urban Area Office
10 Beading Workshop 10 a.m.–2 p.m. Mille Lacs Indian Museum	11 Warrior's Day Band offices closed	12	13 District I Community Meeting 5:30 p.m. District I Community Center	14 Urban Area Community Meeting 5 p.m.–7 p.m. All Nations Indian Church	15	16
17	18 Anishinaabe College EZ Enrollment Day 10 a.m.–2 p.m. MLBO Government Center, upstairs media room Register for spring semester 2014 courses.	19	20 Chiminising Bingo 6 p.m. Chiminising Community Center District III Community Meeting 5:30 p.m. Grand Casino Hinckley	21 Fall Feast Seating begins at 5:15 p.m. Grand Casino Mille Lacs Events and Convention Center Transportation provided, departing at 3 p.m.	22	23
24	25	26 Sobriety Feast 5 p.m. District I Community Center	27 District II Community Meeting 5 p.m. East Lake Community Center District II-A Community Meeting 5:30 p.m. Chiminising Community Center	28 Miigwech Day Band offices closed	29 Miigwech Day Band offices closed	30

Child Support Update

Due to the U.S. Postal Service changes in delivery and mail pick-up at the MLB Government Center — child support checks that haven't been picked up by 1 p.m. on Fridays will be mailed out. Please contact the office if you don't want checks mailed or if they need to be held for a later pick-up date. A photo ID is required to pick up checks.

Did you know that if you're receiving any assistance such as medical, relative, childcare, food or cash in any county your Child Support case can still be handled by the Mille Lacs Band Child Support office? Ask your county worker how to get your case transferred or contact our office for assistance 320-532-7755.

Free Hearing Evaluations

Evaluations take place on the second Friday of each month at Ne-la-Shing Clinic. Call 320-532-4163 to schedule an appointment. Walk-ins are welcome — we will do our best to serve you. Ask us about the \$1,000 in hearing aid benefits you can receive from the Circle of Health.

Hearmore Hearing has offices in Saint Paul and Osseo. To schedule an appointment Monday through Friday, call the Saint Paul office at 651-771-4019 or the Osseo office at 763-391-7433.



The Corporate Commission of the Mille Lacs Band of Ojibwe Indians Invites You

14th Annual Feast for all Mille Lacs Band Members
Thursday, November 21, 2013
Doors open & seating starts at 5:15 p.m.
Invocation/welcome at 5:45 p.m.
Dinner at 6:00 p.m.
Entertainment: Comedian **Ryan McMahon**, at 7:00 p.m.

Grand Casino Mille Lacs Events & Convention Center, seating on a first come first served basis

GREAT FOOD  **DOOR PRIZES**  **ENTERTAINMENT**  **GOOD CONVERSATION**

Joseph Nayquonabe, Jr. Honored By NCAIED



Joseph Nayquonabe, Jr., MLB Commissioner of Corporate Affairs, is a 2013 "Native American 40 Under 40," award recipient from the National Center for American Indian Enterprise Development (NCAIED).

This prestigious award recognizes 40 emerging American Indian leaders from across Indian Country who have demonstrated leadership, initiative, and dedication and made significant contributions in business and/or in their communities.

The award was presented on October 24, 2013 at the NCAIED's 38th Annual Indian Progress In Business Awards Gala at the Wild Horse Pass Hotel and Casino in Chandler, Ariz.

Joe was appointed Commissioner of Corporate Affairs in

September, 2012. He serves as the chief executive officer and chair of the board of directors for the Mille Lacs Band's Corporate Commission.

The Commission analyzes new business opportunities and oversees the Band's existing businesses, including Grand Casino Mille Lacs, Grand Casino Hinckley, and numerous small businesses.

Joe played a key role in the purchase of two downtown St. Paul hotels by the Mille Lacs Band in 2013. Those purchases denote a new direction for the Band as it expands into the hospitality industry. In a previous interview, Joe said it is important for the Band to make sizable investments in non-gaming enterprises as a way to ensure future economic viability and make it less dependent on gaming revenue.

He has a bachelor's degree in marketing from St. Cloud State University and a master's degree in business admin-

istration from the University of Minnesota's Carlson School of Management. In 2013, he received a master's degree in tribal administration and governance from the University of Minnesota – Duluth.

Joe and his wife, Christina, live in Onamia with their daughters Bella, Phoenix-Rose, and Xiana. In his spare time, he enjoys playing basketball, golf, music, and reading.

For more than 40 years, the National Center for American Indian Enterprise Development has assisted American Indian enterprises with business and economic development.

Its mission is to develop and expand an American Indian private sector that employs Indian labor, increases the number of tribal and individual Indian businesses, and establishes business relationships between Indian enterprises and private industry. It is the largest Indian business organization in the U.S.

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millelacsband.com

Heating, Water, and
Maintenance Problems?

During normal business hours, tenants in Band rentals and Elders living within the service area should call 800-709-6445, ext. 7433, for work orders.

After business hours, tenants with maintenance emergencies should call 866-822-8538 and press 1, 2, or 3 for their respective district.

Interested in submitting
to the *Inaajimowin*?
Send submissions and birthday announcements to
Andy McPartland at andy@redcircleagency.com
or call 612-372-4612.

The December issue deadline is November 15.

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

DECEMBER 2013 | VOLUME 15 | NUMBER 12

YESTERDAY'S TEACHINGS FOR TODAY'S GENERATION

PAGE 4



EXHIBIT ON MLB
HISTORY TAKES
TO THE ROAD

FINDING
PEACEFUL
RESOLUTIONS

LANGUAGE
RECOVERY AT
MILLE LACS

WHAT THE NEW
HEALTH CARE
LAW MEANS

MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE
BENJAMIN
CHIEF EXECUTIVE



When a person first serves as an elected official for a tribal government, they quickly realize there are very few opportunities to catch one's breath. Each month is busy, but some months it seems the work is higher profile than others. November was one of those months.

It was a month of multiple meetings on critical policy matters important to the Band, including meetings of the Minnesota Indian Affairs Council, the Minnesota Chippewa Tribe and several other organizations. I met in person with Minnesota congressional representatives and both Senator Amy Klobuchar and Senator Al Franken, in addition to Band Member meetings and a Cabinet meeting.

It can feel overwhelming to communicate to Band Members all the work that we do as elected tribal leaders, and especially the broad scope of work. I decided to focus my column this month on three meetings which represent that scope from international to national to local/regional issues.

On November 7, I received an unexpected phone call inviting me to join eleven other elected tribal leaders for a

meeting with President Barack Obama at the White House on November 12th, a day before the Tribal Nations Conference of U.S. tribal leaders. The opportunity to have time to speak to the President of the United States about the concerns of the Mille Lacs Band on a one-on-one basis was, quite frankly, astounding to me, especially at the last minute. Of course I didn't hesitate for even a second and assured the person on the other end of the phone that I would definitely be there.

I was told that the focus of the meeting and the focus of our comments should be on job creation and economic development, and that each tribal leader would have about 1-2 minutes to say something to President Obama in this small meeting. If you have just 1-2 minutes to say anything you want to the leader of the free world, what do you say?

I rearranged my schedule and spent time strategizing over the next three days about how to best use my minute or two of time speaking to the President of the United States.

With regard to economic development, the issue I decided to discuss with President Obama was not a hard one. In de-

veloping our tribal economy over the last 15 years, the single biggest barrier for the Band has been refusal by Mille Lacs County and the State of Minnesota to recognize our Reservation boundary. Projects that have been held up due to the county's insistence that our reservation no longer exists include the waste water treatment plant, the Lake Ogechie wild rice project and new housing projects. The Mille Lacs County Attorney has actually gone so far as to instruct county staff to strike the word "reservation" from all county records!

With that in mind, I spent my time telling President Obama that although the federal government says our Reservation exists, local officials have still managed to stop or delay Band projects and hamper economic growth, all because of their frustration over our Treaty hunting and fishing rights case. I discussed the racist attitudes of some that have motivated local officials to try to restrict the Band's ability to develop our reservation economy, create jobs, and provide services to Band Members. I asked for federal support in requiring that the State of Minnesota follow federal law. We are a government, we have a Reservation, and we have the legal right to create jobs and pursue economic development on our own reservation!

President Obama listened carefully. I left this meeting knowing that he understands how important this issue is to the Band. Other officials in attendance at this meeting who heard me speak about this matter include Sally Jewell, Secretary of the Department of the Interior; Valerie Jarrett, Senior Advisor to the President; Gene Sperling, Assistant to the President for Economic Policy and Director of the National Economic Council; and Cecelia Munoz, Assistant to the President and Director of the Domestic Policy Council.

The next day, I attended the White House Tribal Nations Conference, where we heard from seven Cabinet Secretaries. Chairwoman Karen Diver, of the Fond du Lac Band of Chippewa, had the honor of introducing President Obama, which those of us from Minnesota tribes were very proud about. President Obama talked about economic development and job creation, and shared his plans to travel to Indian country over the next year. We spent the afternoon in breakout sessions. All in all, this was a wonderful opportunity to talk about issues important to Indian tribes. But the small group meeting the day before was one I won't ever forget.

Occasionally, we tribal leaders find ourselves involved not just in local and nation-



Tami Heilemann Department of Interior Photographer

At the White House Tribal Nations Conference, President Obama talked about economic development and job creation, and shared his plans to travel to Indian country over the next year.

al issues but in international matters as well. On this point, another important meeting took place in late October, when I was invited to represent the Band at a United Nations meeting of the Social, Humanitarian and Cultural Affairs Committee (Third Committee) of the sixty-eighth session of the U.N. General Assembly. The meeting took place in New York and the focus was on getting support for the U.N. Declaration on the Rights of Indigenous Peoples, adopted by the General Assembly in 2007.

The Declaration sets out the individual and collective rights of indigenous people, as well as our rights to culture, identity, language, employment, health, education and other issues. It also “emphasizes the rights of indigenous peoples to maintain and strengthen their own institutions, cultures and traditions, prohibits discrimination against indigenous people, “and it “promotes their full and effective participation in all matters that concern them and their right to remain distinct and to pursue their own visions of economic and social development.”

We heard a report and discussion about the reasons for the Declaration and what needs to happen to make the world recognize the rights of indigenous people. A key issue involved greater understanding of the rights of indigenous peoples to land and resources, focusing on protection of natural resources in the context of mineral extraction. This international issue applies to the Band and other tribes, which are concerned about the threat to wild rice by copper sulfites that could damage wild rice beds if new mining activity is approved in Minnesota. It was humbling to be with other Native leaders from around

the world who have many issues in common with those we battle every day.

Band Members interested in learning more about the Declaration and the work of the United Nations can visit www.un.org/esa/socdev/unpfii/documents/DRIPS_en.pdf for more information.

The third meeting I want to discuss was about a critical issue that impacts nearly every Mille Lacs Band family. On November 18, I attended the State and Tribal Criminal Justice Learning and Listening Session at Fond du Lac.

This was a meeting facilitated by Vernon LaPlante, Director of Indian Policy at the Minnesota Department of Human Services. In addition to tribal representatives, this meeting included officials from the Departments of Corrections, Public Safety, and Human Rights.

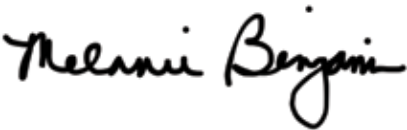
Much of our discussion was about the needs of our people who are incarcerated, many of whom never receive visitors, I was sad to learn. It is heartbreaking that so many of these Band members are very young people. Of the entire population of incarcerated people in Minnesota, Indian men are two years younger than average, and Indian women are four years younger than the average population. Indian men and women who are incarcerated have much higher rates of substance abuse than the rest of the population.

Both Lee Staples and Joe Nayquonabe Sr. were in attendance as well, and I focused my comments on how we need to turn to our spiritual leaders for answers to these issues. We also discussed the process of rehabilitation, which should be

heavily reliant upon our traditions and ceremonies. Unfortunately, there are restrictions on the use of asema in corrections facilities and many staff are unaware of its importance to the healing process. This was a good meeting that expanded the education of state employees, and an important dialogue was opened. We also discussed the importance of connecting Native people to support services when they are released from prison. Felony convictions make it difficult to obtain employment, find homes, or even vote.

One issue I’ve been thinking about, which I encourage Band Members to think about as well, is how do we find volunteers to visit our incarcerated Band Members? We need to address this issue as a community so we can begin preparing the community and families for when our Band Members return home and minimize the chances of the revolving-door syndrome, where the same people end up back in prison. I invite Band Members interested in this topic to contact my office if you would like to participate in working toward solutions.

In closing, November was a busy month, but every month is busy! Not a day goes by when I don’t think about how grateful and humbled I am by this opportunity to represent the Non-Removable Mille Lacs Band of Ojibwe Indians. Chi Mii-gwetch for this opportunity to serve you.



Presidential Proclamation Creates National Native American History Month

In an official announcement this fall, President Barack Obama proclaimed November 2013 as National Native American Heritage Month.

“My Administration remains committed to self-determination, the right of tribal governments to build and strengthen their own communities,” the October 31st proclamation reads. “Each year I host the White House Tribal Nations Conference, and our work together has translated into action.”

In his remarks, Obama recognized the complicated past the federal government has with Native Americans: “As we observe this month, we must not ignore the painful history Native Americans have endured — a history of violence, marginalization, broken promises, and upended justice.”

Obama outlined measures that his administration has taken in order to improve the government’s relationship with tribal communities, including emergency assistance for natural disasters and the establishment of the White House Tribal Council on Native American Affairs.

“As we observe Native American Heritage Month, we must build on this work,” the proclamation concludes. “Let us shape a future worthy of a bright new generation, and together, let us ensure this country’s promise is fully realized for every Native American.”

President Obama’s official proclamation is reprinted here in full.

For Immediate Release
October 31, 2013

Presidential Proclamation -- National Native American Heritage Month, 2013

NATIONAL NATIVE AMERICAN HERITAGE MONTH, 2013

BY THE PRESIDENT OF THE UNITED STATES OF AMERICA

A PROCLAMATION

From Alaskan mountain peaks to the Argentinian pampas to the rocky shores of Newfoundland, Native Americans were the first to carve out cities, domesticate crops, and establish great civilizations. When the Framers gathered to write the United States Constitution, they drew inspiration from the Iroquois Confederacy, and in the centuries since, American Indians and Alaska Natives from hundreds of tribes have shaped our national life. During Native American Heritage Month, we honor their vibrant cultures and strengthen the government-to-government relationship between the United States and each tribal nation.

As we observe this month, we must not ignore the painful history Native Americans have endured -- a history of violence, marginalization, broken promises, and upended justice. There was a time when native languages and religions were banned as part of a forced assimilation policy that attacked the political, social, and cultural identities of Native Americans in the United States. Through generations of struggle, American Indians and Alaska Natives held fast to their traditions, and eventually the United States Government repudiated its destructive policies and began to turn the page on a troubled past.

My Administration remains committed to self-determination, the right of tribal governments to build and strengthen their own communities. Each year I host the White House Tribal Nations Conference, and our work together has translated into action. We have resolved longstanding legal disputes, prioritized placing land into trust on behalf of tribes, stepped up support for Tribal Colleges and Universities, made tribal health care more accessible, and streamlined leasing regulations to put more power in tribal hands. Earlier this year, an amendment to the Stafford Act gave tribes the option to directly request Federal emergency assistance when natural disasters strike their homelands. In March, I signed the Violence Against Women Reauthorization Act, which recognizes tribal courts' power to convict and sentence certain perpetrators of domestic violence, regardless of whether they are Indian or non-Indian. And this June, I moved to strengthen our nation-to-nation relationships by establishing the White House Tribal Council on Native American Affairs. The Council is responsible for promoting and sustaining prosperous and resilient Native American communities.

As we observe Native American Heritage Month, we must build on this work. Let us shape a future worthy of a bright new generation, and together, let us ensure this country’s promise is fully realized for every Native American.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim November 2013 as National Native American Heritage Month. I call upon all Americans to commemorate this month with appropriate programs and activities, and to celebrate November 29, 2013, as Native American Heritage Day.

IN WITNESS WHEREOF, I have hereunto set my hand this thirty-first day of October, in the year of our Lord two thousand thirteen, and of the Independence of the United States of America the two hundred and thirty-eighth.

BARACK OBAMA



Yesterday's Teachings for Today's Generation

Deborah Locke Staff Writer Tiffany Bolk Photographer

"Our kids don't know the stories... but if they know the stories, they know they belong some place."

— Mary Moose

In early 2000, Mille Lacs Band Elder Leonard Moose and his wife Mary started writing books for children to explain the universe.

As teachers of traditional Ojibwe culture and language, they needed materials to work with.

Leonard took notes as Mary recounted stories she heard in her childhood from her Canada Ojibwa Elders. Mary then typed the stories from Leonard's notes, and he illustrated them with drawings.

Two of those books — *Child of the Evening Star* and *Where the First People Came From* — were published by the Mille Lacs Band and distributed at this year's State of the Band Address.

A stack of three-ring binders contains more of the books, and Mary Moose is anxious to see them published as soon as possible. The collection is the equivalent of a Bible, except its stories are for the Ojibwe people.

"Our kids don't know the stories, they don't know about God," Mary said. "When kids get lost they join gangs and do

not know who they are. But if they know the stories, they know they belong some place."

The couple still work together in a large room at their home outside Hinckley. The walls are lined with shelves of materials like art supplies and large jars of beads. The binders with illustrated stories are piled neatly together.

Leonard had no formal training in art and merely watched older kids draw while he was a boarding school student at Pipestone and Flandreau. "I picked it up," he said.

Mary remembered the Canada Elders who came to visit the band starting in the fall at James Bay, staying until spring. The region was isolated and reachable only by plane or boat. Mary has not revisited the place of her childhood for fear she would find it impossible to return to her newer life in Minnesota.

"I'm afraid neither of us would come back," piped up Leonard with a laugh.

"Tell them we are making these books to get the language back," he said. "We are getting old and will leave behind something for them to use. We did our part."

Winter Is Coming and I'm Not Ready for It

Arne Vainio, M.D. Family Practice Physician **Stephan Hoglund** Photographer



Winter is coming and I'm not ready for it. I don't know how the summer went so fast, but I've got a huge pile of firewood to cut and I have some trees to clear behind the house to make room for my old trucks. My dad collected old trucks and my Finnish grandfather always had old trucks behind the barn. My favorite uncle Punkin always had at least one old truck.

The weather has been steady rain as I try to work outside and it limits what I can do. I rarely have time after work and our weekends have been full. Darkness comes earlier every day. Now any time I can get is spent in a blind panic trying to get all the wood cut and trees cleared. I have several huge brush piles along the edge of the clearing I've been making and I try to keep them in as small a space as possible. I have a Bobcat skidsteer that I use to dig out stumps and rocks, but much of the work still needs to be done by hand. The Bobcat has been getting stuck in the mud constantly.

I take down the bigger trees by using chains to pull them in the direction I want them to go and I hook a four ton winch to the chains. Then I start digging around the base of the tree with the Bobcat and I cut through the roots and the rocks until the tree goes over. As the tree falls, it pulls the stump with it. My grandfather cleared land with a team of horses and I think I can clear more land in a day than his family could in a week.

This is solitary work and between running the chainsaw and the Bobcat, it's just me and the outdoors as I work. I cut the trees into 16 inch lengths for our wood stove and I stack them out of the way until I can move them to the woodpile. I stacked wood for my grandmother and for one of her friends whose husband was dying from Parkinson's disease when I was 12 years old.

I take very few breaks when I work and I took off my hearing protectors and sat by the brush pile for a few minutes. I heard a squeaking sound and I followed it. It was a star-nosed mole in the area that I'd cleared and he was working his way to the edge of the forest. I remembered when I was about 10 years old and there was a star-nosed mole running across the top of the snow. My mother was constantly reading and all of us were readers. Our entire family ran out of the house and we followed the mole as he was working his way across the

rough snow. I remembered this as a good day toward the end of a hard winter in the year we ran out of firewood. My brothers and I had go into the woods after school to look for trees that were dry so we could cut them up and bring them into the house.

I went back and two chickadees flew into a tree just next to the brush pile and they were chirping excitedly. My mother used to tie sections of hay bales to trees as places for the chickadees to shelter in the coldest winters and she always fed chickadees.

I feed chickadees and I talk to them in Ojibwe when I feed them and I remind them my mother fed their mothers. Last winter I was going to burn a brush pile and I went out in the evening after dark to start the fire. I had a flashlight and I shined it into the brush pile and deep inside I saw a chickadee.

Then another. And another. I kept shining the light and I realized the entire brush pile was full of chickadees sheltering from the cold. I promised the chickadees next to the brush pile I was building that I would build it carefully and change the direction of it so the wind wouldn't fill it full of snow. They flew away and didn't come back. They just wanted to make sure I remembered and now they had more important things to do.

I looked up and an eagle slowly drifted right above me and continued north.

The brightest colors of fall were gone, the reds and oranges of the maple trees had passed. Only the poplar trees still had leaves and these are not the colors people travel to see. These are small, round and singularly drab yellow leaves. These are common leaves and no one looks to them for beauty.

As I was watching the eagle drift slowly by, the leaves caught my attention. They were fluttering and I could hear them rattling against each other. In the summer these leaves are bright green and they shimmer as the wind moves them. They were still moving like that, but now they were dry and stiff in their movements. There was a break in the clouds and the dry yellow leaves clattered against each other under the backdrop of the cold, bright blue sky.

I was reminded of my Ojibwe grandfather. He moved in with my mother after my grandmother died of cirrhosis and that was the same time I decided to quit the best job I ever had as a paramedic and a professional firefighter and go to medical school. I could no longer make the payments on my mother's house and my grandfather moving in solved that prob-

lem. Every day he would walk to the mailbox to see if the land settlement check he was promised was in the mail. He made that walk every day for years and his plan was to pay off his car, pay off my mother's house and maybe get her a better car.

When the check finally showed up, it was for five dollars and sixty-one cents. I really think that was the day my grandfather started to die. His walk was slower and he no longer had a reason to walk to the mailbox. He continued to dwindle and was finally put into a nursing home. I would visit him on weekends when I was in medical school and he told me stories of when he was younger. He told me when he was 16, his father died in the Agwajjii Tuberculosis Sanitarium. He said his father came to him that night dressed in a light blue shirt and light blue pants and stood at the foot of his bed and asked him to come with him.

"I was afraid and I didn't talk to him. I just shook my head, no. My younger brother died that night."

The poplar leaves reminded me of this. As a physician, I have opportunities my mother and my grandparents never had. I sometimes think of myself as one of the brighter colored leaves.

But I'm not. I collect old trucks because my father did and because my uncle did and because my grandfather did. The chickadees came to me because my mother took care of their ancestors and they wanted me to keep that promise to them.

I will. I promise.

Do the leaves remember those from last year?

In the heat of summer, the bright green shimmers of forever.

Then the fall.

The bitter cold.

They show their true colors, these elders.

They remind us of the passage into the next life.

The commonest of them persist

And they speak to me.

They tell me I am one of them.

Arne Vainio, MD (Mille Lacs Band of Ojibwe Member) is a family practice physician on the Fond du Lac Ojibwe reservation in northern Minnesota. He has been writing health articles for News From Indian Country, and other tribal and non-tribal newspapers, for over three years.

Exhibit on MLB History and Impact Takes to the Road

Deborah Locke Staff Writer

An exhibit of five interconnected banners that showcase the Mille Lacs Band history and people premiered in November at the Brainerd Public Library. The exhibit will visit 13 more public libraries within the East Central Regional Library system before its final showing at the North Branch Public Library in June 2014.

The purpose of the banners is educational: the short lessons on government structure, economic development, history and more give non-Indian library users a quick introduction to the Band. The banners, at seven feet tall and nearly three feet across, also explain the sovereign government structure of the Band, and the economic benefits it brings to East Central Minnesota.

"We are excited to have another way to share the Band's history and culture with our neighbors," said Jamie Edwards, Mille Lacs Band Director of Government Affairs. "While the Band is an important regional employer and community partner, many of our neighbors still don't know that much about us. This exhibit seeks to change that."

The project got its start in the spring of 2013 when MLB staff sought ways to increase understanding of the Band among its non-Indian neighbors. A poll conducted in 2012 showed that respondents knew very little about the Mille Lacs Band. The banners are a way to gently teach the history and culture of the Mille Lacs Ojibwe.

After the exhibit completes its tour of East Central Minnesota libraries, plans are to move it into public schools next fall.



The exhibit will visit 14 public libraries within the East Central Regional Library system before its final showing in June 2014.

Tips to Prepare for Winter Weather

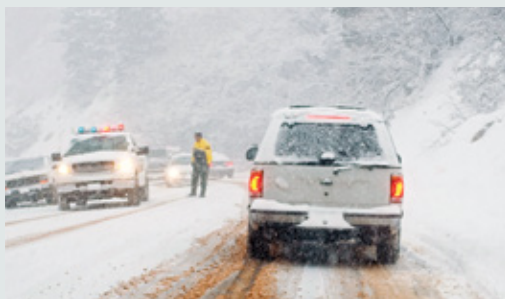
Toya Stewart Downey Staff Writer

Winter in Minnesota can bring piles of snow in April or a mere few inches in the middle of the season. This year the Farmers' Almanac predicts it will be a very cold and very snowy winter. Some take stock in that forecast, while others call it "comic-book" science.

Wherever you fall on the spectrum there's no doubt you will have to prepare for the snowstorms, icy roads and bitter cold that are sure to come. Here are a few tips to help you get ready.

Keep an emergency supply kit in your home and car. The kit should include a three-day supply of food and water, warm clothing and blankets, a battery-powered radio and flashlights. You should also have shovels, along with extra batteries for the radio and flashlights.

Become familiar with the terms that identify a winter storm hazard. Freezing rain can create a slick coating of ice on roads and walkways. Sleet



is rain that turns into ice pellets before it reaches the ground. That can cause roads to freeze and become slippery.

A "winter weather advisory" means it will be cold and that snow and ice are expected. A "winter weather watch" means severe weather such as ice or heavy snow are anticipated. A "winter storm warning" indicates that a wintry mix of weather is developing and will hit the area soon.

It's important to develop and rehearse a communications plan with your family in case you're not together when severe weather hits. Decide how you will contact one another and how you will reconnect when it's safe to do so.

For more detailed information and examples of how to create a preparedness plan visit <https://dps.mn.gov/divisions/hsem/weather-awareness-preparedness/Pages/winter-weather.aspx>

Monte Fronk, the Band's Emergency Management Coordinator, contributed to this article.

Walking Strong Program

A great start to a new year! Let's improve our posture, balance, flexibility, strength, agility and stamina. Walking Strong is an exercise program for adults and elders to encourage and enable all to begin a healthy and safe lifestyle. The class will be held on Tuesday and Thursday at 11:30 a.m. beginning Jan. 7, 2014, in the D1 community center. Everyone is invited to participate. The program will count toward the employee wellness and Wisdom Steps programs. Come and join, it will be a fun time!

Band Member is Passionate About Preserving Ojibwe

Toya Stewart Downey Staff Writer

Anyone who knows Melissa "Baabiiyaw" Boyd knows she is passionate about both learning and teaching Ojibwe. It is, she says, what she was born to do.

"When you're doing your purpose you feel fulfilled all the time," said Melissa, who is beginning work on her teacher certification. "Life works the way it's supposed to."

Her passion and her life's work intersect at the Wewinabi Early Education Center where she is the lead teacher in the Ojibwe language immersion classroom. She also teaches two classes at the school for parents who want to learn the language.

Beginning in January, Melissa will take the next step in sharing what she is learning and teaching by writing a monthly column for the Band's paper, the *Ojibwe Inaajimowin*.

As anyone who has tried to learn a new language knows, it can be a struggle to make it a part of their lives. Melissa hopes the column will be a first step.

"It's important that the people who are learning the language and want to practice have something they can read in Ojibwe," said Melissa, adding that the column won't be translated into English because then the language loses its true meaning.

"When the Hawaiian people wanted to revive their language they played language clips on the radio and then they created Hawaiian television," said Melissa. "We could do that here but we have to have more language exposure so people could learn it."

"I got this idea to have language in our paper from the Hawaiians," she said. We as the MLB of Ojibwe should represent ourselves in the language."

To help her own growth and ability, Melissa participates in a few language tables each week that also include first speaker language participation. She also seeks growth opportunities at Waadookodaading, an Ojibwe language immersion charter school in Hayward, Wisc.



Beginning in January, Melissa will take the next step in sharing what she is learning and teaching by writing a monthly column for the Band's paper, the *Ojibwe Inaajimowin*.

"Being there helps me create a partnership and get best practices because they know their stuff," she said. "I'm trying to know what they know."

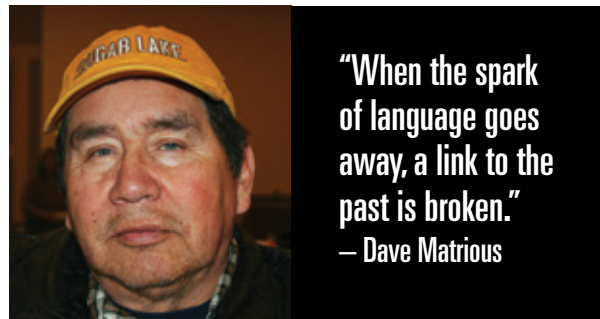
In her own home the walls are covered with huge sheets of paper that have Ojibwe words, phrases and conjugations — modifications of the verbs — on them. Melissa says the posters help her learn and practice what she is teaching. Though, she admits, it's not easy "making your house language friendly."

"It's a complex task, especially when we are taking care of our babies and our lives. But we have to do it, because when people hear us speak Ojibwe with ease, it helps inspire," said Melissa, referring to the first speakers and others who are preserving the native tongue of the Anishinabe.

"We want to be better examples for the next generation of people," she said. "This is all I know how to do, and it's what I'm supposed to do. I'm fulfilled."

Language Recovery at Mille Lacs Band

Deborah Locke Staff Writer



A concern for Natives throughout Minnesota and the U.S. is the loss of ancestral language. To reverse the trend, free informal classes that instruct Mille Lacs Band members in the Ojibwe language began this fall in all three Districts. Classes will continue as long as people keep attending them.

Ojibwe language instructors are John P. Benjamin in District I, Vince Merrill in District II, and Dave Matrious in District III.

It's important to retain and use the Ojibwe language because our ancestors told us to do that, said Dave Matrious. He added that the best way to learn Ojibwe is through hearing and repeating sounds, rather than using only a textbook, because the language was always an oral language.

The classes are tailored to different age groups, from teens with little background in the language to Elders who recall hearing it spoken by their parents. He uses a variety of teaching tools.

It's sad to have ancestors that you can't talk with because you don't know their language, which is also your language, Dave said.

On Wednesdays he takes his community language instruction to the Mille Lacs Teen Center, where the kids hear Ojibwe and stories.

Dave asks the young people to imagine that they themselves are suddenly Elders who have grandchildren. As an Elder, what would you want to tell your grandchild? The students have warmed up to the language and culture class because Dave does his best to challenge them each week to "think outside of the box."

At a Tuesday night class in Hinckley, five adult students sounded out words in the Ojibwe language.

Laughter accompanied the words and phrases as the women practiced sounds. "Aneen," they said, greeting each other with a "hello." From a list of 159 phrases they practiced how to say "sit down" (na ma da bin), "at the store" (adah way wig a mi gong), and "my home" (ayn dah yahn). With each word practiced, Dave said, the language is revitalized and recovered.

A class also takes place on Thursdays at Aazhoomog.

"This little spark has power and hope," Dave said. "When the spark of language goes away, a link to the past is broken."

To participate in the language program, call 320-384-6236.

Finding Peaceful Resolutions Through Culture

Toya Stewart Downey Staff Writer

For more than three decades Richard “Geegwegigaboo” Morrison has worked to help others see their way through challenging times using a practice known as mediation. But what makes Richard’s work more relevant to many, including the Mille Lacs Band of Ojibwe, is that Richard, a peacemaker, relies on the culture and traditions of the Anishinabe.

“I use the pipe, tobacco, smudging, sweat lodges, sharing circles and the language to help people work through their issues,” said Richard, who began working as a peacemaker for the Band in August.

“Using the language releases tensions and stress and helps people release their feelings because it’s a spiritual language,” he explained. “I break down the Ojibwe language and share with them what it really means.”

Richard says he was “spirit trained by the elders of my community of Nigigoonsiminikaaning First Nation Ontario, Canada.” He is also a Mide-win.

The peacemaker or Gda Dwendaaganik helps mediate with families, either by their own request or as ordered by the Tribal Court. In his role, Richard will work to resolve the pain and hostility that can develop between families who are struggling with legal issues such as unpaid child support or visitation rights with children. The peacemaker’s role will focus primarily on family matters, harassment issues and civil complaints.

Gilda Burr, an administrator for the Tribal Courts, said it became apparent that the courts needed a person like Richard to help families and community members navigate the system in a peaceful way. The court looked at other means of restorative justice and liked the Peacemaking concept.

“Judge Osburn wanted people to come together to be a part

of the resolution, rather than make all the decision based on law,” Gilda said.

Families involved with the Tribal Court can request to work with the peacemaker before going through the legal processes, Gilda said.

“People can walk away with better feelings about the outcome and it helps heal the community,” said Gilda, who wrote a grant to fund the peacemaker position.

In November Richard held two training sessions on peacemaking. The three-hour trainings focused on Ojibwe concepts and teachings, such as the seven gifts, to help people resolve life’s circumstances. The end result is to bring about respect, healing and peace.

The seven gifts or principles are truth, kindness, courage, wisdom, respect, love and being humble.

“Everything I do is based on the culture. I talk about the teaching of the Mede wewin, how to use their own heartbeat and how to be accountable for their actions,” he said. “The universe of our heart is how we learn to live life and to walk the walk.

“For nine months we all heard our heartbeats and no matter what happened since we all have our heartbeats and that can center us,” he added. “Every one of us has something in common and that is our heartbeat.”

Before coming to work for the Band, Richard worked with inmates who had left the prison system and were reentering society. He has worked with inmates and former inmates for over 30 years in both Minnesota and Canada.

He still travels to St. Cloud and Moose Lake to work with sex offenders on weekends and volunteers in the evenings to

“Every one of us has something in common and that is our heartbeat.”

– Richard Morrison



For more than a decade, Richard “Geegwegigaboo” Morrison has worked to help others see their way through challenging times using a practice known as mediation.

work with families who can’t make it to see him during normal business hours.

Richard works in each of the Band’s Districts and is currently building a sweat lodge at the Immersion Grounds, with assistance from the Immersion Grounds staff. His office is located within the Family Services Department.

Richard can be reached through the Tribal Courts or by calling him at 320-630-1132.

Ten Ways to Enjoy Meals on Special Days

IHS Division of Diabetes Treatment and Prevention

Before you go to a holiday meal or feast day, make a plan to stay on a healthy eating track. Choose the ways you can stay on track.



If you eat too much, don’t feel bad. You have not failed because of one meal.

- 1. Earlier in the day, eat breakfast or healthy snacks.** Try not to delay eating so you can eat more at the feast. If you skip meals, it may be harder to manage your blood sugar. It will make you hungry. You will be more likely to overeat at the special meal.
- 2. At the special gathering, limit before-meal chips and crackers.** Try putting a small portion on a small plate or napkin and eat only that. Avoid creamy dips and cheese. Choose salsa as a dip if it is served.
- 3. Limit the number of starchy foods (potatoes, macaroni, bread) you choose.** Have a serving of just your favorite one. Or eat 1/2 slice bread and a few tablespoonfuls of other starches.
- 4. Choose vegetables that are raw, grilled or steamed.** Avoid vegetables in cream sauce, gravy, butter or cheese sauce.
- 5. Drink calorie-free drinks like water, unsweetened tea, seltzer or diet sodas.** Avoid regular sodas and juice.
- 6. Avoid drinks with alcohol or limit them.**
- 7. If you choose to eat dessert, have a small piece.** Ask for a half of a piece of cake or pie. Try not to eat the frosting on cake. Don’t add whipped cream.
- 8. After the meal, take a walk with family members.** Walking will lower your blood sugar level. You will have more energy.
- 9. If you eat too much, don’t feel bad.** You have not failed because of one meal. Think about the days you did not overeat.
- 10. Plan to get back on track the next day.** Make a plan for what you will eat for breakfast — maybe a boiled egg and piece of whole wheat toast with non-fat milk (or soy milk). You are back on track!

2013 Fall Feast

Sarah C. Barten Corporate Commission
Public Relations Specialist

On Thursday, November 21, Mille Lacs Band members came together for the 14th annual Fall Feast. Hosted by the Corporate Commission, the dinner took place at the Grand Casino Mille Lacs Events & Convention Center. This year's feast was all about celebrating the successes over the past year, the support the Mille Lacs Band community has shown, and recognizing those individuals who worked hard for the Corporate Commission and the Mille Lacs Band each and every day. Commissioner Joe Nayquonabe thanked the elected officials, board members, his advisory committee and the Corporate Commission staff. He also revealed two recognition art pieces, that will hang in the halls of the Corporate Commission. Nayquonabe said this collection of framed art will only continue to grow as the Corporate Commission makes smart investments for the Mille Lacs Band. Attendees also enjoyed great food, awesome door prizes, and a comedy set by Ryan McMahon.



Sweetgrass Media and the purchase of the Hotels in St. Paul were among the biggest successes of the past year for the Corporate Commission. These two recognition pieces will hang in the halls of the Corporate Commission.



Comedian Ryan McMahon performs on stage.



Assistant Commissioner of Administration Michele Palomaki visits with Band members.

“There is a remarkable amount of opportunity that lies ahead for the Mille Lacs Band. On behalf of all of us who work for the Corporate Commission and its businesses, we are committed to excellence and focusing on what counts to deliver the best value for the Mille Lacs Band. Thank you — Mille Lacs Band members — for your continued support.”
— Joe Nayquonabe



This year, the Corporate Commission conducted a coloring contest for kids ages 1 – 10. Congratulations to Kevin Harrington and Mariyah Pewaush! They each won a movie ticket a week for a year to the Grand Makwa Cinema!



Band Launches New Website

Dear Band Members,
As you may have noticed, the official website for the Mille Lacs Band of Ojibwe — www.millelacsband.com — has undergone a redesign recently. The result is a more appealing, user-friendly interface that should greatly enhance the online experience for everyone.

The website's design now allows for easier distribution of news and information that is important to Band members. For example, the site's new calendar displays upcoming events by district. The district pages have also been revamped and now feature stories from the monthly Inaajimowin newsletter.

Sharing content from the new website — through Facebook, Twitter, and YouTube — is also easier, thanks to new social media icons found throughout the site. On the homepage, the Band's social media

profiles are now only a click away. The site's responsive design enables easy viewing on a variety of mobile devices, including tablets and smart phones.

The new website will also serve as a valuable resource for visitors looking for information on the Mille Lacs Band. The site has been optimized for search engines, making it simple to find stories and important Band department contacts. The easy-to-complete form in the Contact Us section ensures that interested parties are able to reach the correct Band employees.

These improvements to our website were made with our Band members in mind. We would love to hear what you think: 612-372-4612 or andy@redcircleagency.com.

Miigwech.



The new website will also serve as a valuable resource for visitors looking for information on the Mille Lacs Band.



There's A Lot of Talk About the New Health Care Law — What Does it Mean?

Circle of Health Department



Personal Responsibility

If you are a member of a federally recognized tribe or an active Indian Health Service patient, you do not have to buy insurance. However, there are many benefits to health insurance coverage and the option might be less expensive than you think.

Contract Health Services

American Indian and Alaskan Natives requesting the Ne-la-Shing Health Center Contract Health Services (CHS) program to pay for their referred or self-referred care must meet the requirements in 42 CFR 136.

Basic CHS Eligibility Requirements:

- You received health services provided at the expense of the Tribe by other public or private providers
- Provide proof of enrollment in a federally recognized tribe OR proof that you descend from an enrolled member of a federally recognized tribe, and;
- Permanently reside on a reservation OR may reside outside of a reservation, but within the CHS Delivery Area (Pine, Aitkin, Mille Lacs or Kanabec counties) of Mille Lacs Band of Ojibwe, and;
- Obtain prior approval: OR for self-referred care, notify your CHS program within 72 hours of receiving care (30 days prior for elderly and disabled), and;
- Services must be medically necessary. CHS is limited to services that are within the Tribal Health facility's established CHS Medical Priorities and/or funds available. CHS funds may not be expended for services that are reasonably accessible and available at a Tribal Health facility, and;
- CHS will not be responsible for, or authorize payment of, services if the patient is eligible for Alternate Resources (e.g. Medicaid). As "Payor of Last Resort" CHS will only pay for authorized/approved care after all other Alternate Resources (e.g. Medicare, private insurance) have paid.

How the U.S. Health Care Law Will Affect American Indians

The U.S. health care law — known as the Affordable Care Act — is changing the way many people will get health care coverage. The law expands access to health care coverage. The law expands health insurance to more people and aims to make it more affordable for many. The law also works to make sure American Indians get the care they need for their diverse health care needs.

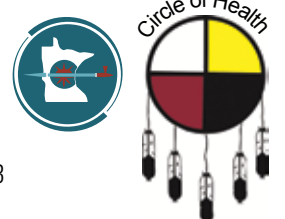
These are the basic CHS requirements; see 42 CFR (Code of Federal Regulation) Part 136 to view the entire CHS eligibility requirements.

For more information visit the IHS website at <https://www.ihs.gov/NonMedicalPrograms/chs/>, or contact your local CHS Program at the Ne-la-Shing Health Center.

This is the first part in a series of articles that we will be featuring in the Inaajimowin.

Ne-la-Shing Health Center

43500 Migizi Drive
Onamia, MN 56359
320-532-4163 or 1-888-622-4163



Ginger Weyaus, Health Benefits Administrator — ext. 7723
Frances Davis, CHS Specialist — ext. 2515
Mary Thompson-Young, Referral/Notification Nurse — ext. 2502

Contract Health Services Referral and Notification Hotline

1-855-502-6247

Please notify your CHS program within 72 hours of receiving care (30 days for Elders and disabled).

Cut out the card above and keep it handy for any questions you may have regarding health services.

Four Things You Can Do to Get Ready Now

1

Learn about the different types of health insurance. Through the Marketplace, you'll be able to choose a health plan that gives you the right balance of costs and coverage.

2

Make a list of questions you have before it's time to choose your health plan. For example, "Can I stay with my current doctor?" or "Will this plan cover my health costs when I'm traveling?"

3

Make sure you understand how insurance works, including deductibles, out-of-pocket maximums, co-payments, etc. You'll want to consider these details while you're shopping around. Visit www.HealthCare.gov to learn more about how insurance works.

4

Start gathering basic information about your household income. Most people will qualify to get a break on costs, and you'll need income information to find out how much you're eligible for.

TRIBAL NOTEBOARD

Happy December Birthday to Mille Lacs Band Elders!

Judith Louise Beaulieu
Gayle Marie Bender
Pamela Jean Bixby
Henry Benjamin Bonga
Loann Dana Boyd
Phyllis Ann Boyd
Vicki Marie Burton
Kyle Matthew Cash
Lawrence Churchill
Frances Davis
Marilyn Ann Davis
Winifred Marie Davis
Delsie Louise Day
June Louise Day
Randy James Dorr
Rodney John Dorr
Timothy Craig Foreman
Bernadine Louise Garbow
Ruth Elaine Garbow
Diane Marie Gibbs
Rosalie Marie Gopher
David Darryl Granger
Dale Herbert Greene, Sr.
Angeline Hawk
Viola Mary Hendren
Carole Anne Higgins
Frank Hill, Jr.
Esther Marie Johnson
Peggy Lou Klapel
Larry Allen Koepp
Renda Lynn Leslie
Daniel Rae Matrious
Gordon Wayne Matrious
Kim Alane Modaff
Debra Jean Morrison
Richard Raymond Mortenson
Linda Lou Moxness
Clifford Wayne Pawaush
Dale John Pindegayosh
William Richard Premo, Jr.
Herbert Sam
Susan M. Shingobe
Laura Ruth Shingobe-Garbow

Louis Franklin St. John, Jr.
Anita Louise Upegui
Kenneth Laverne Wade, Sr.
Yvonne Cecelia Winiecki
Douglas Alan Wistrom
Lucille Mabel Woyak

Happy December Birthdays:

Happy Birthday to the beautiful **Deb Morrison** on 12/3! With love from all your kids and grandkids. • Happy Birthday to our grandma **Corrina Cash** on 12/5, love, CJ, Jordan, and Michaela. • Happy Birthday **Russell St. John** on 12/5 from Baysheina, Daynai, Cat, Arianna, Buss, and Mom. • Happy Birthday **Delsie** on 12/6 with love from your sister Joanne and family. • Happy Birthday **Victoria Villebrun** on 12/6 from Mama Lesley, Tre', Quince, Mia, Gramma, Grampa, Aunties, Uncles, and Cousins. • Happy Birthday **Danni Jo** on 12/7 with love from Mom, Dad, Elliott, and Blazer. • Happy Birthday **Shalen Nelson** on 12/7 with love from Grandma and Grandpa. • Happy Birthday **Colleen Garcia** on 12/8 from Donny and Brigg. • Happy 19th Birthday **Jordan Anderson** on 12/8 with love from, Mom, Destanie, Shyla, Bella, Hannah Montana, Dillybar, Papa, and Gramma Gina. • Happy Birthday **Clayton** on 12/10 from Deanna, Waylon, Rachel, Cilla, Stace, and Lisa. • Happy Birthday **Matt Mitchell** on 12/10 from the Mitchell family. • Happy Birthday **Delaney** on 12/11 from Waylon, Rachel, Cilla,

Stace, Lisa, and Clay. • Happy Birthday **Baby Gabe** on 12/12 from Rachel and Waylon. • Happy 8th Birthday **Gabe aka Buzz** on 12/12, love Mom, Wes, Jerron, Roman, Grandma, and Papa. • Happy 16th Birthday to the cool guy **Damian Smith** on 12/13! With love from your even cooler family. • Happy Birthday **Anthony, Jr.** on 12/14 from Dad, Shante, Rachel, Waylon, Craig & boys, Arielle, and family. • Happy Birthday **Amanda** on 12/15 from Rachel, Waylon, Bee, Mills, Dev, Tammy, Janie, Kelly, Granny, Cici, and Poose. • Happy Birthday **Wes** on 12/16 from Antie/Weh-eh Rachel, Waylon, Daddy, Melissa, Payton, Eric, Brynley, Braelyn, Jay and kids, Bruce and girls, Val and kids, and Papa Brad. • Happy Birthday **Raenelle** on 12/17 from the Weyaus/Boyd family. • Happy Birthday **Anthony Jones Lagarde** on 12/19, much love from Mom and Erikah. • Happy Birthday **Airiana Williams** on 12/20, much love from Mom and Erikah. • Happy Birthday **Shawna Mitchell** on 12/21 from the Mitchell family. • Happy Birthday **Nicholas** on 12/24 from Rachel, Waylon, Mick, Phil, Chicky, Char, Nade, Whit, Leo, Tyler, and Dad. • Happy Birthday **Taliyah Williams** on 12/27, much love from Mom and Erikah. • Happy Birthday **Kevin White** on 12/30 from Mom, Nick, Brandon, Jenny, and baby Kevin in Iowa. • Happy Birthday **Norma Diver** on 12/31 from Russ,

Buss, and all of the grandkids. • Happy Birthday **Mark Swist** (December 15), **Adam Swist** (December 29) and **Alan Swist** (December 29). I love you, Ariel. • Happy Birthday to my Big Brother **Clayton Boyd** on 12/10 and my **Baby Brother** on 12/11. I love you guys. Love your sister, Cilla.

Happy Belated Birthdays:

Happy Belated Birthday to the following Elders: **Diana Marie Anderson, Sheldon Ray Boyd, Mary Ann Bedausky, Harold William Davis, Steven Blane Hensley, Terrance Steven Leyk, Beverly Marie Nayquonabe, Nancy Jean Spittell, Russell Ernest Towle, Jill Marie Valentino, and Earl Ellsworth Whitney.** • Happy Belated Birthday **Samuel Eugene Benjamin** on 10/13, love from your Dad Lonnie and the family. • Happy Belated Birthday to Band Elder **Mary Meyer** on 11/6! • Happy Belated Birthday **Precious Williams** on 11/19, much love from Mom. • Happy Belated Birthday **Thomas Jones** on 11/22, much love from sister Sandi and Erikah. • Happy Belated Birthday **Karen Jones** on 11/25, much love from niece Sandi and Erikah. • Happy Belated Birthday to Band Elder **John Thomas** on 11/27.

Other

Announcements:

Memorial: 12/7/12 Its already been a year since you passed

Gram A.A., but we never stop thinking of you. We miss you all the time and every day. We love you gram...just wish you were here to see your beautiful smile. Brad, Sr., Val and kids, Rachel and Waylon, Brad, Jr., and family, Randi, JayJay and kids, Bruce and girls, Karen, Sharon, Tracy, Nicole and boys, Raven and Melodie, Shelby and boys, Jake and kids, Jarv, Phil, and family. • On Saturday, November 9, 2013, we attended David Matrious and Skip Churchill's Ceremonial Drum in Lake Lena. We were part of a "Washing Ceremony." As a part of our continued growth after the loss of a loved one it was very helpful. We would like to thank David, Skip, and all the very kind and generous people that attended. Your show of support was amazing as always. Once again we thank you all from the bottom of our hearts. Sincerely, Doreen, Debbie, Robert, Amy, and Beth Mitchell. • Danielle and Dan Smith would like to announce the birth of their daughter **Ainsley Jo Smith** born September 1, 2013: 7lbs, 4.9 oz. and 20.5 inches long. Welcomed home by big brothers Ashton and Leeland.

Submit Birthday Announcements

Send name, birthday and a brief message that is **20 WORDS OR LESS** to Andy McPartland at andy@redcircleagency.com or call 612-372-4612.

The deadline for the January issue is December 15.



Come by the Mille Lacs Indian Museum and listen to museum staff read storybooks.

Mille Lacs Indian Museum December Events

Kids Crafts: Story Book Time and Cornhusk Dolls

Saturday, December 7

Time: Noon–3 p.m.

Fee: \$6 per kit (does not include museum admission)

Come by the Mille Lacs Indian Museum and listen to museum staff read storybooks while we serve a light snack and refreshments. We will teach kids how to put together a corn husk doll to take home. Corn husk dolls are made out of the outer covering of an ear of corn. These dolls were typically made during the fall after the corn was dried. Please allow an hour to make the craft. This project is recommended for children ages 10 and up. For more information please call 320-532-3632 or send an e-mail to millelacs@mnhs.org.

Birch Bark Ornament Workshop

Saturday, December 14

Time: Noon–4 p.m.

Fee: \$25/\$20 MHS members; additional supply fee of \$15

Reservations: Required by December 11, call 320-532-3632

Create miniature ornaments from birch bark during this one day workshop. Creations can be used to decorate for the holidays or given as gifts. A light lunch and refreshments will be provided. A minimum of five participants required. Children under 18 must be accompanied by an adult. Please call the museum for reservations or more information at 320-532-3632 or send an e-mail to millelacs@mnhs.org.

DECEMBER CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Chiminising Bingo 6 p.m. Chiminising Community Center	5 Nay Ah Shing Seniors Fundraiser 11 a.m.–4 p.m. District I Community Center	6	7 Urban Holiday Party 11 a.m.–2 p.m. Minneapolis American Indian Center Contact 612-872-1424 with questions Friend to Friend Food Distribution 11 a.m.–2 p.m. District I Community Center Kids Crafts: Storybook Time & Cornhusk Dolls Noon–3 p.m. Mille Lacs Indian Museum
8	9	10	11 District I Christmas Party 5 p.m. Grand Casino Mille Lacs Convention Center	12	13 All District Elder Christmas Party 5:30 p.m. Grand Casino Hinckley Contact 320-532- 7532 (or 7854) with questions	14 Urban Area Holiday Party 11 a.m.–2:30 p.m. Minneapolis Indian Center or E. Phillips Center Birch Bark Ornament Workshop Noon–4 p.m. Mille Lacs Indian Museum
15	16	17 East Lake Christmas Party 5 p.m.–7 p.m. District II Community Center Dinner and prize drawing for the Boys and Girls Club District II-A Meeting and Holiday Party 5 p.m. Chiminising Community Center	18 Chiminising Bingo 6 p.m. Chiminising Community Center	19 District III Holiday Party 6 p.m. Grand Casino Hinckley Ballroom Contact 320-384-6240 with questions	20	21
22	23	24	25	26	27	28
29	30	31 Sobriety Feast 4 p.m.–9 p.m. District I Community Center				

Public Health Update

Kathy Beaulieu-Sanders RN, MCH Coordinator

Early Childhood Caries (ECC) is any tooth decay in a child under six years of age; it is important to understand that tooth decay in childhood is not normal and can be prevented. ECC is an infectious disease that can start as soon as an infant’s teeth erupt and can progress rapidly with lasting detrimental impact on a child’s health and well-being. ECC is a serious health problem that is common among child in the U.S., but occurs at higher rates in Native American children.

Early childhood caries (tooth decay) is a devastating problem in young children. Not only can it cause pain and loss of teeth, it also has the ability to affect the child’s self-esteem, speech development, nutritional status, and school attendance. Unfortunately, it has been estimated that almost 80% of American Indian children experience dental caries before they reach kindergarten.

As a preventive dental service program, MLB Public Health Department is offering the application of a protective coating called fluoride varnish to your child’s teeth to help protect against cavities/early tooth decay.

Fluoride varnish is a protective medication that is painted on teeth to help prevent new cavities and help stop cavities/ tooth decay that have already started. Fluoride varnishing is a very safe procedure that is supported by the American Dental Association. The procedure is quick and easy with no pain involved during the application of the medication.

Fluoride varnish provides a reduction in caries/tooth decay up to 38% in children who are at moderate to high risk for caries. The best time to start to apply varnish is as soon as the first teeth erupt (as early as six months).

Public Health offers varnishing: If you are interested in having a licensed health professional apply fluoride varnish to your child’s/grandchild’s teeth as a means of preventing tooth decay (cavities), please contact Kari DiGiovanni, RN, at 320-532-7457 or Kathy Beaulieu-Sanders, RN, at 320-532-7511 to schedule an office or home visit. We provide this service for all children through the age of 18.

Free Hearing Evaluations

Evaluations take place on the second Friday of each month at Ne-la-Shing Clinic. Call 320-532-4163 to schedule an appointment. Walk-ins are welcome — we will do our best to serve you. Ask us about the \$1,000 in hearing aid benefits you can receive from the Circle of Health.

Hearmore Hearing has offices in Saint Paul and Osseo. To schedule an appointment Monday through Friday, call the Saint Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

Social Security Announces 1.5 Percent Benefit Increase for 2014

Monthly Social Security and Supplemental Security Income (SSI) benefits for nearly 63 million Americans will increase 1.5 percent in 2014.

The 1.5 percent cost-of-living adjustment (COLA) will begin with benefits that more than 57 million Social Security beneficiaries receive in January 2014. Increase payments to more than eight million SSI beneficiaries will begin on December 31, 2013.

Other changes that take effect in January each year are based on the increase in average wages. The maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$117,000 from \$113,000. Of the estimated 165 million workers who will pay Social Security taxes in 2014, about 10 million will pay higher taxes as a result of the increase in the taxable maximum.

Information about Medicare changes for 2014 is available at **medicare.gov**

The Social Security Act provides for how the COLA is calculated. To read more, please visit **socialsecurity.gov/cola**

Wildfire Prevention Program Assessment Results

Aaniin, recently the Wildfire Prevention Program assessed houses in each District on the probability of surviving a “Wildfire.” Using guidelines and worksheets from the National Firewise Communities Program, we were able to identify certain hazards and risks that can be modified to achieve a better “Hazard Rating.” We assessed the area within 30 feet of the house call the “Defensible Space.” Our communities mainly stayed within the “Moderate” rating area meaning “The chances of your home surviving a wildfire are FAIR. Minor improvements will make it even more Firewise.” We are working on designating the Mille Lacs Band of Ojibwe Districts as “Firewise Communities.” With this title come a framework for action, wildfire education, peace of mind, community building, citizen pride, publicity and access to funding/assistance.

Here are the most common suggestions:

- Mow the area within 30 feet of the house
- Put 911 address signs at the end of the driveway
- Cut the tall grass and weeds around propane tanks
- Replace missing/broken street signs
- Move fire pits out of the Defensible Space area and put rock/metal rings around them

These are suggestions rather than requirements which, if followed, would greatly improve the rating of our area.

Miigwech for all of the hard work that has been put into maintaining the communities and congratulations on having such a great “Hazard Rating.”

If you have any questions and/or concerns please call Bradley E. Harrington, MLB DNR/E Fire Prevention Coordinator, at 612-803-2969. Miigwech.

Snow Removal

Community Development

Winter is right around the corner. As we prepare for snow (we know it’s coming), the staff from Community Development would like to share with you the breakdown for plowing in each district. Four departments in Community Development plow in the winter: Roads, Earthworks, Housing, and Facilities. The severity of the snowfall will determine when the staff will start plowing, and at what time. It could be at any time day or night.

- **Roads:** They plow the public roads on the Reservation in District One and District Two. Roads also plow private Elder homes in District One and District Two. If you have questions about snow removal service and are a private Elder in District One or Two, please call Brian Scheinost, 320-630-2624 or Tony Pike, 320-980-5367.
- **Earthworks:** They plow the public roads on the Reservation in District Three. Earthworks also plow the private Elder homes in District Three. If you have questions about snow removal service and are a private Elder in District Three, please call Mike Moilanen, 320-630-2623 or Chad Dunkley, 320-630-4763.
- **Housing:** They plow all Elder rental units, four-plexes in all districts, Ookwemin Loop and Trailers (District One). If you have questions about snow removal service and are living in an Elder rental unit, please call Arlene Weous, 320-630-2124 or Richard Hill, 320-630-4765.
- **Facilities:** They plow the Government Center, Community Centers, Ceremonial Buildings, DNR, Band Member Legal Aide, and Wewinabe. If you have questions about snow removal at our main government offices, please call Rhonda Sam, 320-630-2447.

Winter months keep us very busy in Community Development, and we want to ensure our roadways are as safe as possible for our communities. We appreciate your patience and understanding while we plow our main roads before plowing driveways. If you are a private owner or renter and you live within our service area (near our districts), someone will come and plow for you for a minimal cost of \$25.00. We kindly ask that you prepay for this service.

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Heating, Water, and Maintenance Problems?

During normal business hours, tenants in Band rentals and Elders living within the service area should call 800-709-6445, ext. 7433, for work orders.

After business hours, tenants with maintenance emergencies should call 866-822-8538 and press 1, 2, or 3 for their respective district.

Interested in submitting to the *Inaajimowin*?

Send submissions and birthday announcements to Andy McPartland at andy@redcircleagency.com or call 612-372-4612.

The January issue deadline is December 15.